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Code	Title	Venue	Start date	Day	Start time	End time	Length	Fee	Concessions	Course Description	
ARTS COURSES											SMILE MK COURSES: A range of free courses is also on offer in arts, crafts, music and self-confidence, to support those with mild mental health problems such as stress, anxiety and sleep problems.
J5A326XA	Painting in Oils	Rivers Centre	11/01/2016	Mo	10:00	12:00	10 wks	£113	£90	A flexible mixed-level approach to using this medium	
J5A334XA	Portrait Drawing and Painting	Rivers Centre	11/01/2016	Mo	12:30	14:30	10 wks	£143	£120	Work from direct observation to improve your technique and personal style; fee includes model costs	
J5B315ZA	Life Drawing - Advanced	Westbury Arts Centre	12/01/2016	Tu	19:00	21:30	8 wks	£143	£120	For learners with some previous experience of drawing who want to develop and embrace life costume and portrait drawing; fee includes model costs	
J5B331XA	Art Skills - Drawing & Painting	Rivers Centre	12/01/2016	Tu	19:00	21:00	10 wks	£113	£90	New media and confidence building for learners with a little experience	
J5B346XA	Contemporary Still Life	Rivers Centre	12/01/2016	Tu	12:30	15:00	8 wks	£113	£90	Explore the process of contemporary still-life painting and build up a range of techniques and skills	
J5C312CA	Painting - Acrylics for All	Stantonbury Campus	13/01/2016	We	19:00	21:00	10 wks	£113	£90	This is the ideal medium for novice painters or those who find watercolours too tricky	
J5C332XA	Watercolour Painting - Improvers	Rivers Centre	13/01/2016	We	10:00	12:00	10 wks	£113	£90	New themes and approaches for learners moving on from Beginners	
J5C339XA	Watercolour - Beginners	Rivers Centre	13/01/2016	We	12:30	14:30	10 wks	£113	£90	For learners with some drawing experience: develop basic skills in this delightful medium	
J5C342XP	Landscape Techniques in Watercolour for All	Rivers Centre	13/01/2016	We	10:00	12:00	10 wks	£113	£113	A flexible mixed ability approach with structured support for new learners	
J5C344XA	Experiments in Paint and Print	Rivers Centre	13/01/2016	We	12:30	14:30	10 wks	£113	£90	Expand and develop your artistic and creative skills working with a variety of techniques and media.	
J5D317LA	Watercolour Painting For All	Stony Stratford Library	14/01/2016	Th	19:30	21:30	10 wks	£113	£90	A flexible mixed ability approach with structured support for new learners	
J5D325XA	Art Skills - Drawing and Painting	Rivers Centre	14/01/2016	Th	10:00	12:00	10 wks	£113	£90	New media and confidence building for learners with a little experience	
J5D328XA	Stained Glass - Intermediate/ Advanced	Rivers Centre	14/01/2016	Th	19:00	21:00	10 wks	£113	£90	For learners with some experience who want to refine their skills and develop their creativity	
J5D333ZA	Watercolours & Other Media - Intermediate	TBA	14/01/2016	Th	10:00	12:00	10 wks	£113	£90	New themes and approaches for learners moving on from Improvers	
J5D338ZA	Art and Design - Portfolio Building	Westbury Arts Centre	21/01/2016	Th	19:00	21:00	8 wks	£90	£72	Develop your skills while exploring personal themes and current trends	
J5D340XA	Mixed Media - Collage	Rivers Centre	14/01/2016	Th	12:30	14:30	10 wks	£113	£90	Explore and experiment using found objects, assorted collected papers and mark making to create inspiring 2D and 3D work	
J5E317XA	How artists use sketchbooks	Rivers Centre	22/01/2016	Fr	10:00	12:00	1 day	£0	£0	Free workshop for CLMK Drawing/Painting students; explore ways in which artists use sketchbooks to record and develop ideas	
J5E336XA	Painting - Acrylics for All	Rivers Centre	08/01/2016	Fr	10:30	12:30	10 wks	£113	£90	This is the ideal medium for novice painters or those who find watercolours too tricky	
J5F306XA	Silk Painting for Beginners	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£48	£40	New techniques and media for both fine and textile artists. Fee includes materials.	
J5F316XA	Anatomy for Portraits	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£52	£44	Improve your portrait drawing through observation of the skeletal and muscular structure of the human skull; fee includes model costs	
J5F329XA	Stained Glass - an Introduction - Leaded Panels	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£42	£34	Cut and join glass safely to create a small traditional panel	
J5F330XA	Kiln Glass - an Introduction	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£42	£34	For learners with some experience who want to refine their skills and develop their creativity	
J5F343XA	Drawing with Pen & Ink - an Introduction	Rivers Centre	14/02/2016	Sat	10:00	16:00	1 day	£42	£34	Experience the delights of working creatively with this expressive medium	
J5F345XA	Experimental Watercolour	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£42	£34	For learners confident in watercolour this course will push your boundaries and get you thinking on a grander scale	

Code	Title	Venue	Start date	Day	Start time	End time	Length	Fee	Concessions	Brief description	
BASIC SKILLS and ESOL											There are flexible sessions for English and maths, please book in for a skills check. COMING SOON - 'Prepare yourself for GCSE' 4-week course starting in June 2016. Also 'Support your child with the new GCSE' 12-
P5A303XL	English Level 1/Level 2	CMK Centre	12/01/2016	Tu	18:30	21:00	24 wks	£0	£0	An English course to help you improve your skills, if you are not yet ready for GCSE. Please book in for a skills check to determine your level	
P5B301ML	English Entry 3/Level 1	Rivers Centre	12/01/2016	Tu	9:30	12:00	24 wks	£0	£0	An English course to help you improve your skills, if you are not yet ready for GCSE. Please book in for a skills check to determine your level	
P5B302XL	English Entry 3/Level 1	CMK Centre	12/01/2016	Tu	18:30	21:00	24 wks	£0	£0	An English course to help you improve your skills, if you are not yet ready for GCSE. Please book in for a skills check to determine your level	
P5C305ML	English Level 1/Level 2	CMK Centre	13/01/2016	We	9:30	12:00	24 wks	£0	£0	An English course to help you improve your skills, if you are not yet ready for GCSE. Please book in for a skills check to determine your level	
P5A531XE	ESOL Entry 1, Entry 2	Rivers ACE Centre	11/04/2016	Mo	9:30	12:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Entry 1 (A1) or Entry 2 (A2).	You will need to attend a skills check before joining an ESOL class so we can advise you about the right course for you. Skills checks will be held in the week of 7-11 March
P5B532XE	ESOL Entry 3	Rivers ACE Centre	12/04/2016	Tu	18:30	21:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Entry 3 (B1).	
P5C533ME	ESOL Entry 3	CMK ACE Centre	13/04/2016	We	9:30	12:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Entry 3 (B1).	
P5C534ME	ESOL Entry 1, Entry 2	CMK ACE Centre	13/04/2016	We	18:30	21:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Entry 1 (A1) or Entry 2 (A2).	
P5D535ME	ESOL Level 1, Level 2	CMK ACE Centre	14/04/2016	Th	9:30	12:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Level 1 (B2) or Level 2 (C1).	
P5D536XE	ESOL Level 1, Level 2	Rivers ACE Centre	14/04/2016	Th	18:30	21:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Level 1 (B2) or Level 2 (C1).	
P5F537ME	ESOL Entry 1, Entry 2	CMK ACE Centre	16/04/2016	Sat	9:30	12:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Entry 1 (A1) or Entry 2 (A2).	
P5F538ME	ESOL Entry 3, Level 1, Level 2	CMK ACE Centre	16/04/2016	Sat	9:30	12:30	12 wks	£155	£0	This course prepares learners for an ESOL exam at Entry 3 (B1), Level 1 (B2) or Level 2 (C1).	

Code	Title	Venue	Start date	Day	Start time	End time	Length	Fee	Concessions	Brief description	
BUSINESS SKILLS and PROFESSIONAL DEVELOPMENT											We are currently also offering traineeships in Construction, Retail, Media, Catering and Childcare. If you are aged 16-24 and are interested in this opportunity to gain valuable career experience alongside your training, please call 01908 556714.
N5D300XQ	Award in Education and Training	Rivers Centre	25/02/2016	Th	18:30	21:00	15 wks	£275	£0	Essential knowledge and skills for preparing, planning and delivering courses to adults	
Q5C309XA	Sage Computerised Accounts - Level 1 - Fast Track	Rivers Centre	13/01/2016	We	9:30	12:30	8 wks	£160	£134	Learn how to use Sage Line 50 software effectively	
Q5E307XA	Minute Taking Skills	Rivers Centre	11/03/2016	Fr	10:00	16:00	1 day	£42	£34	Learn how to take and present minutes effectively	
Q5F300XA	Starting up a Small Business - what you need to know	Rivers Centre	09/01/2016	Sat	10:00	16:00	1 day	£42	£34	Consider the viability of your new business idea and find out what help is available	
Q5F301XA	Speak with Confidence	Rivers Centre	23/01/2016	Sat	10:00	16:00	1 day	£42	£34	Learn to Speak with Confidence at Presentations, Public Events and Meetings	
Q5F302XA	Effective Presentations - including PowerPoint	Rivers Centre	23/01/2016	Sat	10:00	16:00	1 day	£42	£34	Create a presentation and practise skills for effective presenting	
Q5F303XA	Confidence and assertiveness building	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£42	£34	Improve your interactions and how you deal with challenges in work and social situations	
Q5F304XA	Mindfulness for Clear Thinking	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£42	£34	Techniques to promote the ability to think clearly under pressure	
Q5F305XA	Starting up a Small Business - tax and financial affairs	Rivers Centre	13/02/2016	Sat	10:00	16:00	1 day	£42	£34	Business plans, financials, HMRC requirements	
Q5F306XA	Social Media Marketing	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£42	£34	How to use online social networks to develop contacts and promote your events	
Q5F308XA	Leadership - Managing a Team	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£42	£34	Ideal for those who are new to leading, supervising or managing others	
Q5F310XA	Project Management - an Introduction	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£42	£34	Including topics such as setting project goals,scheduling, budgeting,managing project risks, and executing a project	

Code	Title	Venue	Start date	Day	Start time	End time	Length	Fee	Concessions	Brief description	
COMPUTING SKILLS											
F5B310XA	Introduction to Computers - Over 65s	Rivers Centre	12/01/2016	Tu	13:00	15:00	5 wks	£0	£0	Simple, easy and at your own pace	
F5B312XA	Wordpress - build your own website	Rivers Centre	12/01/2016	Tu	13:00	15:00	5 wks	£57	46	Design and build your own website using free software	
F5C311XQ	ICT Level 1 Functional Skills	Rivers Centre	06/01/2016	We	9:30	12:30	12 wks	£183	£0	Develop skills and competency in ICT and achieve a nationally recognised award	

Please check our concessionary fee policy and terms and conditions of booking before enrolling.
Request a brochure or visit our website www.milton-keynes.gov.uk/clmk

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MK NEWS

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Find out why Dawn is looking so happy

SEE **PAGE 13**

Reporter takes the biscuit

SEE **PAGES 24 AND 25**

Thanks for composting your food and garden waste

Viridor serco recycle for Milton Keynes MILTON KEYNES COUNCIL

ASHUTOSH and Sanskriti Painuly of Two Mile Ash are the proud parents of the first baby in MK of 2016. Aarunya was born at 12.46am on New Year's Day. Read more on pages 28-29

Bundle of joy: Ashutosh and Sanskriti Painuly with new daughter Aarunya and her older sister Ayaati

'Sexual assault has destroyed my life'

BY PHILIP MCELENEY
editor@mk-news.co.uk

A 21-YEAR-OLD woman is living in fear – and has even thought about killing herself – after she was sexually assaulted while sleeping in her home.

The victim, who cannot be named for legal reasons, was assaulted by Jesurajan Jesuthasan, of Bradwell Road, Bradville, on April 12, 2015 in her home in Stony Stratford.

Jesuthasan was jailed for six years on December 22 and will remain on the sex offenders' register for life.

Now the victim has spoken to MK NEWS about what happened and the impact it has had on her and her partner's lives after Jesuthasan – who was staying at their home at the time – assaulted her.

"I was depressed and had suicidal thoughts," she said. "I'm still living in the place where it happened to me – I live there with my partner – and it has had an impact on him as well."

The assault took place at about 5am after the victim – who had to quit her job because of the traumatic experience – had fallen asleep on the sofa in her living room.

She said: "I woke up on the floor with him basically sexually assaulting me, but didn't feel like he was – I was really sleepy and it felt like I was dreaming.

"He kept telling me it was a nightmare and telling me to go back to sleep. He was pinning me down and shouting, I was crying.

"But now coming back to the place where it happened, coming back to that room, is horrible."

Jesuthasan's actions were caught on CCTV cameras the victim's partner had installed after he had been burgled at a previous home. After speaking to the police and showing them the video, the victim realised the full weight of what had happened.

"When I got back from the police station I sat in the bath for about two hours. I just felt dirty," she said.

"My partner called my mum and explained what had happened, he suggested we go there just to get away. My mum was heartbroken and my dad was as well.

"When we got to their house I just broke down and cried in their arms."

The eight months between the assault and Jesuthasan being jailed took its toll on the victim, but she is hoping to now be able to move on.

She said: "It destroyed my life and I'm trying to get my life back on track. It still affects me to this day."

Dog walker chased off robbers in teen attack

A HEROIC dog walker chased off three people who were robbing a teenage boy in an underpass at Campbell Park.

Thames Valley Police have released CCTV images of people they would like to speak to in connection with the robbery.

The boy, aged 16, and a friend left the centre:mk and walked towards Campbell Park between 6pm and 7pm on Wednesday, December 16.

As they walked along a redway towards Springfield – which runs parallel to Albion Place – they noticed a group of three men or boys following them.

When they reached the underpass of the H6 Childs Way, the three robbers took the teenager's white iPhone 5C and rucksack.

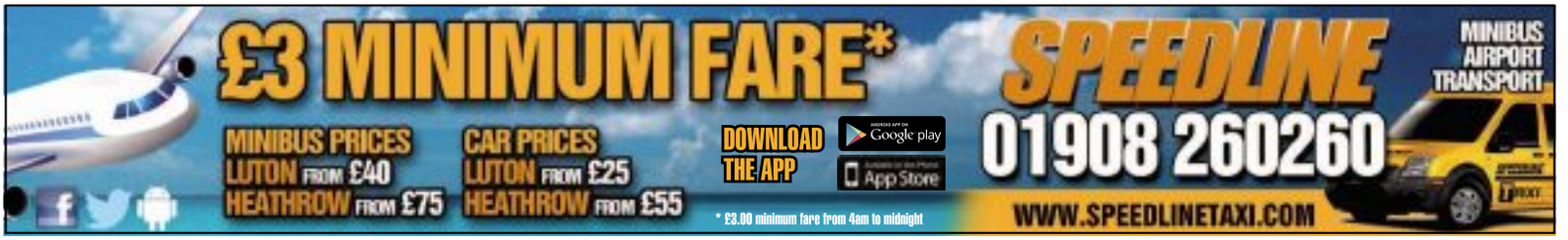
During the incident, a dog walker tied his pet to a nearby post and chased off the robbers.

The teenager suffered injuries including bruising to his fingers, a cut to his wrist and swelling on his face. He did not require hospital treatment.

Police would like to speak to the people in the CCTV images as they may have information which could help with the investigation.

If you have any information about the incident call the 24-hour Thames Valley Police enquiry centre on 101.

■ See the CCTV images on our website – **mkweb.co.uk**



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- Train station advertising

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Sites include: bars, coffee shops, restaurants, council offices, retails outlets, colleges, universities, job centres and supermarkets.

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Catchment

- Core
- Secondary
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- 30 minutes
- 60 minutes

Lady comes to the rescue of 'tramp' George

A JACK Russell terrier called Lady came to the rescue of an abandoned dog tied to a tree in Brickhill Woods.

Now her 'tramp' George, a male Staffordshire bull terrier cross, will soon be seeking new owners to look after him.

Lewis Keech was out with his pet Lady on Saturday when she froze and started barking after spotting George deep in the woods.

Twenty-three-year-old Lewis said: "We ran over and my friend Steve and I saw there was a dog ahead next to a tree and we started hearing it bark.

"Neither of us had our phone so we drove home, called the RSPCA and the dog warden and took some food and water back to the dog.

"It was heartbreaking to see this, I couldn't actually believe it.

"He was aggressive, scared and confused at first, but then turned into the most beautiful dog and I could see he was relieved as he jumped up and licked me."

The dog's owner was tracked down and he has now handed him over to Forest Lodge Kennels which is now – with help from Milton Keynes dog warden Graham Corgan – trying to get George ready for rehoming.

For the latest on George's journey check onemk.co.uk

Found tied to a tree: George, the Staffordshire bull terrier cross

Masked gang targets Tesco

BY JESSICA DUNCAN

jessica.duncan@mk-news.co.uk

POLICE are searching for a gang of masked men who stole a large amount of cash from Tesco in Wolverton on New Year's Eve.

The gang of three or four men forced their way into the store in Stratford Road at about 11pm.

The men, who were all wearing long dark coats and balaclavas, stole the cash and then escaped in a vehicle, possibly a Seat Leon.

Residents contacted MK NEWS to say they could see police tape around the store, but this has now been removed.

A Tesco spokesman said: "We have now reopened the store and are assisting the police with their enquiries. We're sorry for any inconvenience caused to our customers."

Senior investigating officer, Detective Sergeant Simon Tyas, of Local CID based at Milton Keynes Police Station, said: "I would appeal to anyone with any information to contact police immediately.

"Perhaps you know someone who has come into a substantial amount of cash since New Year's Eve, or you recognise the description of the offenders and vehicle used in the offence.

"I would like to reassure local residents that we are conducting a thorough investigation into this burglary and would like to thank Tesco customers for their patience while we carry out enquiries at the store.

"Anyone with information is urged to contact us via 101. If you don't want to speak directly to the police you can contact the independent charity Crimestoppers, anonymously, on 0800 555 111, or online at www.crimestoppers-uk.org"

Man chased ex's new love with knife

A 33-YEAR-OLD man started an 18-month prison sentence yesterday after he chased his ex-partner's new love down the road with a knife.

Ian Lee, from Nevis Grove, Bletchley, appeared at Aylesbury Crown Court wearing a Mickey Mouse jumper and was told by the judge never to approach Terri Harris or her family again.

The court was told that Lee had 54 previous convictions and he admitted breaching a restraining order against Miss Harris on November 15, after it was imposed following a prison sentence for battery.

Judge Francis Sheridan said: "Put bluntly sir, leave her alone and leave anyone she associates with alone."

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Rower battles Atlantic Ocean

There she blows: James Whittle, who is rowing across the Atlantic Ocean to raise cash for charity

A MAN from Olney is rowing 3,000 miles across the Atlantic Ocean in an effort to raise £100,000 for charity after his mum suffered a brain tumour four-and-a-half years ago.

James Whittle, 25, set off with rowing buddy Tom Caulfield from The Canary Isles on December 18 bound for Barbados. He is raising money for Brain Tumour Research, based in Shenley Wood, and the Make-A-Wish Foundation.

James' mum, Claire Whittle, 56, said: "I feel slightly guilty when I think about him being bashed about by the waves."

Museum's plan is still on track

BY CHRIS KNIGHT
editor@mk-news.co.uk

PLANS for a £7.5million expansion of Milton Keynes Museum are set to go ahead – despite a funding blow.

Milton Keynes Council has said it still intends to go through with the plans, even though Heritage Lottery Funding (HLF) has decided not to invest any more money in funding the project.

It means that the council will now have to look at 'clever ways of plugging the funding gap' and interested parties are due to meet to discuss the next steps later this week.

An HLF spokesman said that the organisation felt the risks in helping fund the project were 'too high to justify'.

They added that the plans 'were not considered to be of the standard expected for this level of funding'.

The scheme would have seen two major new galleries detail the city's history.

Bill Griffiths, the museum's director, said: "Our refurbishment and expansion project is still very much needed for Milton Keynes as a growing city and we and our partners remain wholly committed to seeing it through.

"HLF's decision not to help fund stage two is a blow, but we have plenty of ideas for alternative investment over the next 18 months to meet the shortfall without any additional money from the council."

Councillor Liz Gifford, cabinet member for community services, added: "We are mindful of the tough current financial position and need to achieve this with minimal outlay to taxpayers."

WHAT YOU SAID:

Samantha Morris: "That's really sad [not getting HLF funding]. It's a great museum but it would be even better if it had more to do with the history of Milton Keynes there.

Simon Clawson: "Maybe instead of buying a lottery ticket for the next few weeks, each person in MK should put £2 into the museum."

Mark Coster: How disappointing, I know they've put in so much work to the design."

Jailed for catalogue of city burglaries

FOUR burglars have been jailed after more than £50,000 in cash, jewellery and electrical items was stolen during 22 burglaries in Milton Keynes.

The burglaries took place at properties between October 4, 2012 and February 13, 2013, mainly during the daytime. Nine were in Middleton, five in Walnut Tree, two in Monkston and Kents Hill and one in Springfield, Milton Keynes Village, Shenley Lodge and Emerson Valley.

Carl Torano, 31, of Downdean, Eaglestone, *above left*, was sentenced to six years imprisonment for one count of conspiracy to burgle.

Elizabeth Barker, 29, of Northridge, Eaglestone, *above right*, was sentenced to three-and-a-half years imprisonment for one count of conspiracy to burgle.

Donovan Shippey, 36, of Shaw Road, Blakenhall, was sentenced to four-and-a-half years imprisonment for one count of conspiracy to burgle.

Sarah Phillips, 27, of Morecambe Street, Liverpool, was sentenced to three years and two months imprisonment after pleading guilty to conspiracy to burgle and failing to answer court bail.

Det Insp Matt Darnell, of local CID in Milton Keynes, said: "This case sends a clear message to those involved in this kind of criminality that we will robustly investigate them to ensure that justice is done and they should expect to be dealt with appropriately at court."

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MK LETTERS

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Get rid of wood burning

I NOTE your correspondence of December 16 on the apparent lack of chimneys on new builds and the apparent availability of wood for domestic burning.

I have the misfortune to live next to a property where wood burning takes place and can attest to the pervasive offensiveness of the fumes so produced.

My feeling is that we need to consider a complete ban on new wood-burning installations and then a systematic searching out and forcible removal of wood-burning equipment from the whole of Milton Keynes, at least where homes are in close proximity.

Users need to realise that the fumes do not just disappear into space but can hang around close to the ground and infiltrate nearby properties even when doors and windows are kept closed and can cause respiratory problems.

Milton Keynes needs to review and, if necessary, extend its smoke control areas although it is not just the visible smoke but the invisible fumes that are detrimental.

The various Clean Air Acts have been introduced for good reason. Lessons once learned are now being forgotten. Some will remember the unpleasantness of the emissions from the brick manufacture in Bletchley.

I urge anyone operating or considering operating a wood-burning appliance to have a thought for those in their vicinity.

Norman Dennis
Sent via email

Keep pink sacks

I WRITE in defence of the pink sack.

They are much larger than previous sacks. They are considerably stronger to the extent that the pink sack can hold the weight of a week's copies of a newspapers such as The Times, the Sunday Times and our two freebies.

As for wheelie bins – no, no, no. They do not get brought back to one's front door and I would not expect the suggested recycling bags would be either. They would just be left in a heap for residents to recover later in the day.

Leonard Lean
Sent via email

Send picture to win a funny prize

This week's photograph was taken by Jan Rees

HERE at MK NEWS we know the lovely pictures you send in put a smile on our readers' faces so we have joined forces with the award-winning Comedy Cow to keep you smiling.

Each week we will be giving two free tickets to upcoming events in one of the club's three venues across MK to the reader who sends in the best picture of our city.

Winners can use their tickets to choose from a host of stars coming to Milton Keynes.

For details on The Comedy Cow's future events visit www.thecomedycow.co.uk

Think again on plans

A FEW weeks ago MK NEWS ran an article and artist's impression of the proposed development of a marina and housing on the canal at the bottom of Campbell Park where Crest Nicholson seems to be the chosen developer.

I believe two fundamental mistakes have made in what has been outlined. Firstly, the illustration of the MK-Bedford Canal Link start point is wrong unless their plan has changed again. Although originally here, alongside Childs Way, it was moved 500m or so northwards to run between the two Gulliver's Land sites a couple of years ago for technical reasons.

More importantly, it seems to me that the marina is on the wrong side of the canal for the local topography. Canal boats only draw three feet or so of water so the marina does not need to be deep. On the Overstreet side of the canal there is a natural depression bounded by earth banks up to the roads so excavation costs and containment of the water should be relatively simple and lower cost. On the side it is currently shown, the land slopes away from the canal and so an earthen bund on three sides and considerable height would be required to contain the water. Expensive!

Nine years ago I was attempting to start a canal boat building business locally and welcomed a marina here. I researched the marketplace fairly thoroughly and at the time there was a national shortage of canal moorings and marinas were being built all over the place, such that there is now an over-supply. So unless that has changed, I question the validity of the marina part of the plan.

I have no qualms with the profit motive of developers but I suspect a land grab of public land for pretty unsightly high-density development on the 'easy access' part of the site. I think that the marina illustration is a sop to public opinion to help gain approval for the building. I also suspect that once the houses are under way due to both the construction economics and the moorings marketplace the marina part of the development will never happen.

Correct me if I'm wrong. If not, please think again MK Council and MKDP before giving permission for this.

George Harlock
Sent via email

Jon Brett's City Life

His column written exclusively for MK NEWS

IT MAY be a soggy start to 2016, but hopefully an optimistic one too.

News that Milton Keynes Council looks set to completely rebuild some of the city's worst 'sink' estates can only be good. Not only for the residents who live there, but for the wider community.

Non-brick construction estates like Netherfield, Coffee Hall, Beanhill, Fullers Slade and Tinkers Bridge, built during the 70s, were all said to have a limited life expectancy of about 40-50 years – and it's starting to show.

Many of the estates won prizes for architectural excellence at the time of the Milton Keynes Development Corporation but, in my view, now is a good time to knock them down and start again.

It's worth remembering that as ugly and outdated as some of these estates are, they are still home to thousands of people, many of whom have bought their properties under the right-to-buy scheme. These homes are usually identifiable by the brick cladding added by their owners to change the appearance.

Details of exactly how the rebuilding will take place – in phases I'm guessing, with residents moving into a newly-developed area a street at a time – have not yet been announced by the council.

In the past, this column has been critical of new areas of development in Milton Keynes, branding them bland and faceless. But, if you were in any doubt now is the time to redevelop these estates, take a drive, or walk around them, and see for yourself.

■ What other areas of Milton Keynes need knocking down and starting again? Let us know at letters@mk-news.co.uk

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This newspaper is available in audio format for sight-impaired people. For information go to www.soundnews.org.uk

Flood alert: High water levels on the River Great Ouse in Newport Pagnell

River Great Ouse on flood alert

A FLOOD alert remained in place yesterday for the River Great Ouse in Newport Pagnell.

The Environment Agency was continuing to warn people that levels on the river, which passes through Newport Pagnell, Olney and Stony Stratford, are expected to remain high as further rain is expected over the next few days.

Residents are urged to be alert and keep an eye on river levels near to them.

As MK NEWS has previously reported, Milton Keynes was built and maintained by the Parks Trust so that excess water flows onto certain fields and floodplains.

Call Floodline on 0345 988 1188, select option 1 and enter Quickdial number 032361 if you are worried.

Hackers target school website

BY CHRIS KNIGHT
editor@mk-news.co.uk

A SCHOOL'S website was targeted in a 'brute force attack' by a group of hackers defending Islam over the New Year period.

The Radcliffe School's website has now been restored, but a Google search previously showed the message 'Hacked By Bl4ck Punisher – anoncoders. Muslim is not a terrorist'.

A spokesman for the school in Wolverton said: "Our website was the unfortunate victim of a brute force attack over the New Year period by a hacking group called AnonCoders.

"Our website is hosted off-site and although there was inconvenience caused in restoring our website, no school data was accessed by the group.

"It appears that the group targeted websites created through a specific product, rather than schools in general, and in consultation with our providers we have taken all possible steps to mitigate against further attacks."

AnonCoders – a group which also uses websites to protest against alleged crimes against Palestine – has targeted numerous UK and international websites since forming in early 2015.

Recent hacks by AnonCoders have displayed a message claiming Muslims were not responsible for the recent terror attacks in Paris, and that the image of Islam has been distorted by the media.

The group, who go by the usernames Unknown Al, Black Worm, DarkShadow-TN, Dr.T3rr0r, Bl4ck Punisher, and YanaL-x Jo, are responsible for the hacking of hundreds of websites.

Navrita Atwal, chief executive of the Milton Keynes Equality Council, said: "Hackers will do whatever they can to reach out to the vulnerable. But those role models in positions of respect should protect the vulnerable and the young from radicalisation.

"We will probably be seeing more of this happening, but schools and other educational providers will have to be alert and tighten their cyber security."

Police investigate suspected arson attacks

POLICE are investigating two suspected arsons at the weekend.

Firefighters from Great Holm, Broughton and Bletchley helped put out the two fires.

On Friday night in Stadium Way West, Denbigh North, a car was set alight about 10pm. On Saturday a container full of rubbish was found burning in the car park off Chaffron Way at The National Bowl at about 6.49pm.

A spokesman from Thames Valley Police told MK NEWS it is not yet known whether they are linked but they will be following all lines of enquiry.

If anyone has any information about either incident, call police on the 101 number.

See a map of the number of suspected arsons across the city at onemk.co.uk

Prisoner wins £1,000 in compensation

A MURDERER has been awarded £1,000 after Woodhill Prison officers damaged his CDs.

Kevan Thakrar, 27, from Stevenage, killed father and son Keith and Matthew Cowell and family friend Tony Dulieu in Bishop's Stortford in August, 2007.

District judge Neil Hickman made the award at Milton Keynes County Court after deciding a guard had deliberately squirted shampoo on the CDs.

Thakrar was awarded about £800 by the same judge in 2014 after items including a nose hair clipper were damaged.

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Running out of funds: The Breastfeeding Café MK

Threat to café for new mums

BY JESSICA DUNCAN
jessica.duncan@mk-news.co.uk

MUMS are in uproar over the possible closure of the only breastfeeding café in the city.

Coral Thompson told MK NEWS she would not have been able to breastfeed her daughter Jessica if it wasn't for the help she received from The Breastfeeding Café MK – which supported more than 800 mums last year.

The café, based in the King's Community Centre in Creed Street, Wolverton, runs a two-hour session every Wednesday.

As well as providing social support for mums, Ros McFadden, an infant feeding specialist midwife at Milton Keynes University Hospital (MKUH), is able to help them learn how to breastfeed.

Miss Thompson, a 29-year-old mother-of-two from Emerson Valley, said it would be 'heartbreaking' if the café was lost.

"I wanted to breastfeed Jessica but when I was on the maternity ward her latch wasn't right and MKUH didn't have any latch specialists," she said.

"Jessica started to get blisters on her lips and I knew there was a problem. If it wasn't for the café's help, it could have got worse.

"It is so heartbreaking this café might be lost and there is nowhere else in Milton Keynes that can help."

Jaime Hill, 38, from Heelands, is a mother-of-six and one of the founders of the café, which opened during Breastfeeding Week in August, 2014.

She said: "MKUH funded the venue for a year and we received a grant from Milton Keynes Council. The council was able to supply some more money for our second year, but we are now running on fundraising, which is likely to run out soon.

"We are trying to apply for different grants and raise money.

"I think the difficulty is many people would expect this service and advice to be free, but it isn't."

Hiring out the hall in Wolverton costs £7,500 a year and the café also has staffing costs of £15,000, although many people who help it run are volunteers.

Heart-breaking: Coral Thompson with daughter Jessica

MKNEWS BRIEFS

Thomas White trial

THOMAS White, of Bilbury Close, Wellingborough, has pleaded not guilty to murdering Wolverton hairdresser Ashley Gillard in June. The 26-year-old appeared via video link at Luton Crown Court on Monday and also pleaded not guilty to 10 other charges. His trial is due to take place at the same court in April.

Arsons denied

COREY King, of Gloucester Road, Wolverton, has pleaded not guilty to three charges of arson, two of which allegedly took place on Christmas Day. He appeared at Milton Keynes Magistrates' Court on Monday. The 23-year-old is due to appear at Aylesbury Crown Court for a trial on February 1.

Cat neutering advice

CAT owners have been urged by the RSPCA to neuter their pets to halt feline overpopulation. More at **onemk.co.uk**

Man made abusive phone calls

A MAN made 23 abusive calls in under three hours to Thames Valley Police, a court has been told.

Peter Ryman, prosecuting, said Stephen Morgan, 29, of Walsh Manor, Stantonbury, also threatened to stab somebody during one of the calls between 10pm on Saturday, December 12, and 12.50am the next day.

Morgan, who represented himself at Milton Keynes Magistrates' Court, pleaded guilty to sending by public communication network an offensive, indecent, obscene or menacing message.

The offence breached a two-year suspended sentence handed to him at Aylesbury Crown Court on October 15 for possessing a bladed article.

The case was sent back to Aylesbury Crown Court, where he will be sentenced for both offences on a date to be confirmed.

Morgan was released on bail on condition that he does not contact the emergency services unless it is for a genuine emergency.

Swegway stolen in robbery

A 17-YEAR-OLD boy was robbed of his Swegway hoverboard by three men.

Police are appealing for information after the robbery, which took place in Serpentine Court, Bletchley, at about 6.30pm last Wednesday, saw three men punch the victim in an alleyway about 100 metres from the Chicken and Pizza Palace.

The offenders stole the victim's Swegway before running off towards the London Pride pub.

For a description of the men go to **onemk.co.uk**

Anyone with information can call police on 101.

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Rallying to help victims of flood

BY CHRIS KNIGHT
editor@mk-news.co.uk

AN ELDERLY widow left homeless by the flooding in northern England has thanked the people of Milton Keynes for their donations and support for her community.

Sheila Middleton, 82, a resident of Mytholmroyd, near Halifax, was staying with family in Milton Keynes for Christmas when she saw news of the flooding on TV.

Flood damage means Sheila can't currently return to her flat, but she has been overwhelmed by the response to an appeal in the city.

People in Milton Keynes have so far contributed clothing, household items and even a sofa and washing machine to support the Mytholmroyd community.

She said: "It was absolutely wonderful here on Christmas Day, but when I came downstairs on Boxing Day and saw my family's faces, I knew something had happened.

"It was absolutely devastating, my flat was absolutely beautiful and it overlooked the River Calder. But I'm amazed by the people who have come together to support us – it has been absolutely astounding. Everyone will benefit from the various materials that have been donated."

Ria Quelch was determined to help her husband's step-grandmother and launched and co-ordinated the appeal to support Sheila's community.

Ria said: "There has been an amazing response – everyone has been fantastic. This is proof there is a community spirit and in times of need, people will come forward and help one another."

Overwhelmed: Sheila Middleton with Ria Quelch and daughter Evie-Grace and some of the donations from people in the city

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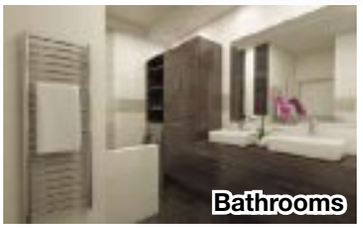

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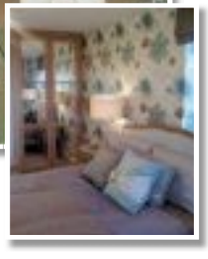

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Tears of joy after charity is chosen

BY JESSICA DUNCAN
jessica.duncan@mk-news.co.uk

AFTER more than 1,500 votes MK NEWS and OneMK's charity of the year has been chosen by our readers.

It was a close call with lots of worthy Milton Keynes charities nominated, but The Henry Allen Trust came out top with more than 600 votes.

Emily's Star came a close second and Harry's Rainbow, YMCA Milton Keynes and Supershoes were in the top five.

Dawn Allen is the mum of Henry Allen, the inspiration behind the charity. He died aged four in 2013 from neuroblastoma, a childhood cancer which affects the nervous system.

Now the newly-registered charity helps other children with cancer by supporting them and their families as well as spreading awareness of symptoms.

Dawn, who broke down in tears when she first heard the news, said: "I am literally shaking as I genuinely didn't expect that.

Childhood cancer charity: An excited Dawn and Mark Allen

"There are so many amazing charities in Milton Keynes and because we haven't had a charity status for that long, I didn't think we would make it. I am so grateful to everyone who voted for us.

"We have got so many things planned this year and 2016 should be explosive for Team Henry and all our supporters.

"It is shocking how many children in Milton Keynes are being diagnosed with cancer and we just want to help the children and their families by spreading awareness. The coverage in MK NEWS and OneMK will help this so much and I am so grateful."

Editor Cally Jenkins added: "I would like to thank all our readers who voted for their favourite charity and we look forward to working with The Henry Allen Trust in 2016."

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Cloudy2Clear Windows – Service With A Smile!

It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has grown rapidly as homeowners take advantage of their services.

Managing Director Billy Harley feels that it's all about service. 'Our product is simple. If your double glazing is misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole.'

Cloudy2Clear service the Bedford, Milton Keynes & Leighton Buzzard areas and Billy is finding that his approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated.'

So, if your windows are steamed up, broken or damaged give Billy a call for a free quotation on **0800 61 21 118** and he'll be happy to help!

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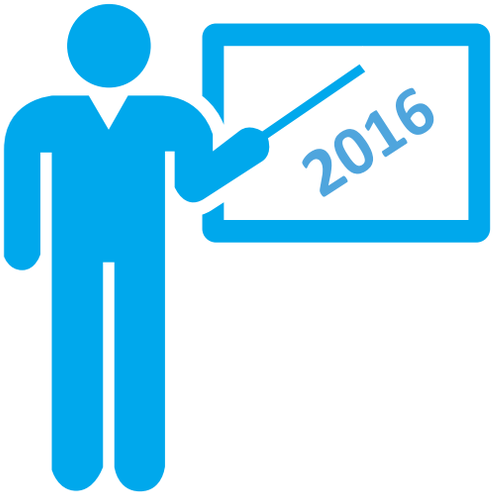

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Read more at onemk.co.uk

Attacker avoids going to prison

BY CHRIS KNIGHT
editor@mk-news.co.uk

A FORMER Milton Keynes Council employee has avoided an immediate jail term after striking a man above the eye with a glass.

Paul Steptoe, 55, of Great Holm, was in O'Neill's pub in Woking on June 14 when he 'intervened' after an altercation between two groups of people.

Prosecutor William Saunders told Guildford Crown Court on Friday, December 18, the 20-year-old victim was hit with a glass as his group of friends decided to leave the pub.

Steptoe had previously pleaded guilty to wounding or inflicting grievous bodily harm.

Mr Saunders said Steptoe hit the victim with a glass above the left eyebrow.

"He said he didn't know or didn't realise what he had been hit with – all he knew was that he was hit with something and he started to pour with blood."

Steptoe was described as a 'family man' and an 'honourable man' by defence barrister Oliver Doherty, who pleaded with the judge to consider a suspended sentence.

Mr Doherty said Steptoe was terribly sorry for the incident and was genuinely upset. "It's a one-off in an otherwise professional life of a decent man," he said.

Steptoe was sentenced to 15 months in prison, suspended for two years.

He was also ordered to pay £1,500 compensation, £1,000 costs and a victim surcharge of £100.

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Singer stolen from famous frog band

BY PHILIP MCELENEY
editor@mk-news.co.uk

A FAMOUS four-piece band from Milton Keynes has become a voiceless trio after their singer was reportedly stolen before the New Year.

The singer of the frog band statues in Howe Park Wood is no longer there, with The Parks Trust saying it has reported the incident to Thames Valley Police.

Now, a local father is hoping to help find the missing singer, or raise money for a replacement.

Anthony Brown, 32, the Labour candidate for Tattenhoe in May's local elections, said: "I want to find out if we can find it and, if not, if we can replace it – maybe even find out who originally made them and see if we can commission another one."

Mr Brown spotted the frog was missing when on one of his regular walks around the park with his wife and young son.

He said: "I went for a walk on New Year's Eve and a guy who runs the café said 'if you see a metal frog around can you let me know'.

"I went on social media and saw a few people are obviously quite upset about it. My son is two and is upset – he loves the statues."

The frog band found a new home in Howe Park Wood back in October after being donated to The Parks Trust.

A spokesman for Thames Valley Police said: "We received a report that a metal frog statue was stolen from Howe Park Wood in Tattenhoe Street, Milton Keynes.

"We are investigating the theft, which is believed to have occurred between 3pm on Wednesday, December 30, and 9.50am on Thursday, December 31. Anyone with information should call police on 101 or the independent charity Crimestoppers on 0800 555 111."

Missing: The singer from the frog band in Howe Park Wood

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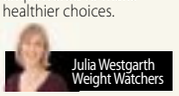
Half the battle to losing weight takes place in the mind. Thinking positive, relieving stress and getting creative can all help us to shift unwanted pounds

Clinical evidence shows that happy people make healthier choices, so why not make this year the perfect time to take a fresh approach to your weight loss.

Here, Julia Westgarth, Programme Development Manager at Weight Watchers offers five top tips you can focus on to help you feel happier, more confident and empowered to make healthier choices.



Julia Westgarth
Weight Watchers

1 Together is better You are much more likely to succeed at a new healthy lifestyle if you've got support – not only kick-starting it but also maintaining it. So why not start your weight loss with a friend or partner? Knowing that you're with people in the same boat – who've gone through everything you're experiencing – is incredibly empowering.

2 Focus on you It's easy to feel motivated when you cheer yourself on. So let the positivity flow and recognise the things that you love about yourself. The first step to making a positive change is to build a better relationship with you. When you start to believe in yourself, you'll start to radiate a positive energy.

3 Mindful eating When it comes to our thoughts over food, it's important to be mindful. It's useful to ask yourself why you have a desire to snack – it could be boredom that causes you to eat mindlessly, or stress triggering you to comfort eat, rather than hunger. It's far better to recognise and acknowledge what you are feeling – what you're really hungry for – and to find a positive way to deal with the emotion and satisfy the need.

4 Stressed? There are much better ways to unwind than snacking. Try three minutes of relaxing music – and really focus on the sounds (headphones can help with this). Also, write a list. Just putting what you need to do down on paper can make you feel more in-balance. Go for a walk or do a five-minute work-out – activity is a proven stress reliever.

5 Unlock your inner creative genius Stress is the enemy of weight loss and, unfortunately, stress is part of modern life, so it's really important that you find ways to stay calm, relaxed and happy. Why not give something creative a go? When was the last time you drew something? Painted? Sang? Knitted? Discover – or rediscover – your hidden talent.

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More grandparents urged to join group

Support group: Marion Turner set up Granpart due to her own experience

BY CHRIS KNIGHT
editor@mk-news.co.uk

A SUPPORT group for grandparents who have little or no contact with their grandchildren is looking for more members.

Marion Turner, 67, founded Granpart in June and hosts a two-hour monthly meeting at Shenley Church End Parish Council community room in Shenley Road.

She formed the group as a result of her own difficult family experience and believes the group can help others who find themselves in a similar situation.

She said: "I walked away from a situation with my own grandchild because it was the only way I could cope and I started to look for somewhere I could talk.

"When I couldn't find anywhere, I just thought I would start my own group. Unless you are in that situation, you don't realise the heartache that is involved. Granpart is basically a self-help group and it offers a very relaxed atmosphere – people can come along and have a chat over a cup of tea and a slice of cake."

A group has also just been set up in Northampton and Marion is hoping to encourage more people who have suffered a similar experience to attend.

She added: "I have found others in the same situation, so I decided to start another group in Northampton.

"People nervous about coming can just sit and listen if they like. They don't have to address the group, they can just have a chat with the person sat next to them."

The next meeting is due to be held on January 25 in the regular slot of 10.30am-12.30pm.

People are invited to turn up on the day, or can contact Marion at marion.turner@granpart.co.uk or on 01604 830070 for more information.

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Wednesday 5:30pm

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Long service award: James Hutchison, *fifth from left, middle row*

Retiring fire officer's hopes for his 'legacy'

BY JESSICA DUNCAN
jessica.duncan@mk-news.co.uk

DRONES, smaller fire engines and technology-inspired equipment are some of the developments a fire officer helped with before he retired.

For the last two-and-a-half years, James Hutchison has been working as a development officer helping a team look at new turntable ladders and equipment that is more up to date with current technology.

"I hope my legacy lives on in some of this new equipment as I think one of the reasons I was asked to help is because of how much I complained when I was a firefighter," said the 52-year-old from Two Mile Ash.

He spent 35 years in the fire service before retiring in December from Buckinghamshire Fire and Rescue Service in Milton Keynes.

He was a firefighter at Bletchley and Great Holm fire stations before working at brigade headquarters in Aylesbury on how to improve and develop equipment.

"We looked at how drones could help show aerial views of incidents, show hot spots of fires and thermal imaging of where people need rescuing from as well as record incidents for debriefings," added Mr Hutchison.

"There are also plans for fire engines that carry the same equipment but that are both smaller and lighter, which would help with the problems of smaller streets being built."

As MK NEWS has previously reported, residents have raised concerns that due to the design of new estates and the number of cars parking on the roads more emergency service vehicles are unable to get through.

Mr Hutchison was given a long-service award at brigade headquarters on December 15 at a ceremony attended by Chief Fire Officer Jason Thelwell and Deputy Chief Fire Officer Mick Osborne.

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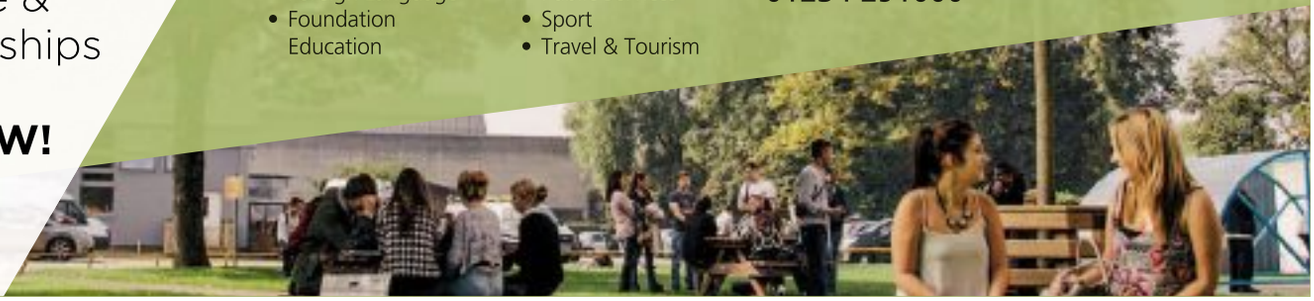

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Six feature in New

MK NEWS met those recognised in the New Year Honours for 2016 who are helping to put Milton Keynes on the map

Roger Fennemore made an MBE for his services to sport in Milton Keynes.

Mr Fennemore is director of SportsAid Eastern Region and with support from volunteers and business communities, the company has been raising money to support local athletes between the ages of 12 and 18 since 2002.

It helps about 120 youngsters annually and past recipients have included Greg Rutherford, Gail Emms and Craig Pickering. Mr Fennemore is also celebrating with his wife Sally who was given an OBE for services to the community through Education and Sport in Bedford.

Mr Fennemore, 72, from Wavendon, said: "In Milton Keynes there is a 22 per cent child obesity rate and we have to get more young people being active."

Dr Sue Black was awarded an OBE for services to technology after campaigning to save Bletchley Park.

In 2008, Dr Black got a hundred fellow computing academics to sign a letter to The Times lamenting the neglect of Bletchley Park. That helped start a hugely successful campaign during which she met celebrities, including Stephen Fry, in a bid to restore the site.

The 53-year-old, who now lives in Surrey, said: "I was amazed to be recognised like this. To see Bletchley Park doing so well now is just brilliant."

The Bletchley Park Trust said: "Thousands of people, including Dr Black, contributed to the saving of Bletchley Park over more than two decades. Without their work, the site would have been lost for ever."

Philip Shadbolt, from Shenley Brook End in Milton Keynes, was given a OBE for services to business and innovation.

Mr Shadbolt is the commercial director of The Zeta Group, which specialises in automotive devices for machinery and vehicles and solar, LED and efficiency lighting.

The 53-year-old said: "I got the letter mid-November and it was really hard to keep it quiet from the family.

"When I saw Her Majesty on the letter I thought who is winding me up or is it a fine.

"I set the company up 26 years ago and we continue to be recognised for our work in automotive devices and lighting.

"The award is not just for me but for my 25 staff as well and we will be celebrating together."

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Year Honours List

Dr Elisabeth Cotton was given a BEM for services to the community in Cranfield.

Since 2008 Dr Cotton, a retired GP, has set up and run a good neighbour scheme called Hands Across Cranfield.

The impact of this group is that many lonely people in need of help or companionship have found their lives changed and made easier by her fulfilled vision.

The 71-year-old said: "It is not just me but thanks to a whole list of volunteers that we are able to help our neighbours.

"I think it is important lots of people set up these neighbourhood schemes because often people are too proud to ask for help, even if it is simply with some shopping.

"I hope we can be a model for others as it is very easy to do."

Dr Philip Smith was made an MBE for services to business and the community of Milton Keynes.

Dr Smith said he was very pleased and proud to be made an MBE, but insisted the award was also recognition for the organisations he had been fortunate enough to be connected with across the fields of business, education, sport and charity.

The 69-year-old said: "I am humbled that my efforts have been rewarded in this way. I try to put what I can into the roles I perform in MK, but this is something special."

Dr Smith is chairman of MK Business Leaders Partnership, MK Business Council, MK Transport Partnership and MK Sports Board and chairs the board of governors of MK Academy.

Margaret Hickish, from Milton Keynes, was made an MBE for services to disabled people.

A wheelchair user herself, Mrs Hickish has worked in the field of inclusive design for more than 20 years, making a difference for tens of thousands of disabled people.

Mrs Hickish now works as an access and inclusion manager for Network Rail. She said: "I am delighted to be recognised in this way, however, the award belongs as much to all those colleagues and consultation groups' members I have worked with to improve the understanding and delivery of inclusive design."

In 2014, Mrs Hickish was also voted the most influential disabled woman by the Disability News Service and worked on the 2012 Olympics.

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Roll up your sleeve

WITH just three per cent of the population giving blood, reporter SCOTT KIRK finds out why people should make donating the red stuff their New Year's resolution

THERE are a myriad of reasons why people don't give blood, from being scared of needles to just being too busy.

But donating blood can help people with trauma injuries and patients having surgery and, in some cases, it can be used in laboratories where cures of tomorrow are being tested.

Shilpa Patel, area manager for the central and south areas of the NHS Blood and Transplant service, said that although Milton Keynes is a very generous community when it comes to giving blood, more volunteers are needed.

"People at this time of year are more prone to colds, coughs and flu, which means it is important that we have back-up donors to come in to keep stocks up," she said.

"People travel around a bit more to see family as well.

In safe hands: Sister Heather Claridge looks after Scott Kirk

"We really appreciate people coming in and we get them through in a reasonable amount of time.

"Milton Keynes is really generous. We come to this venue quite frequently and we always have a good turn-out so we're very grateful for that."

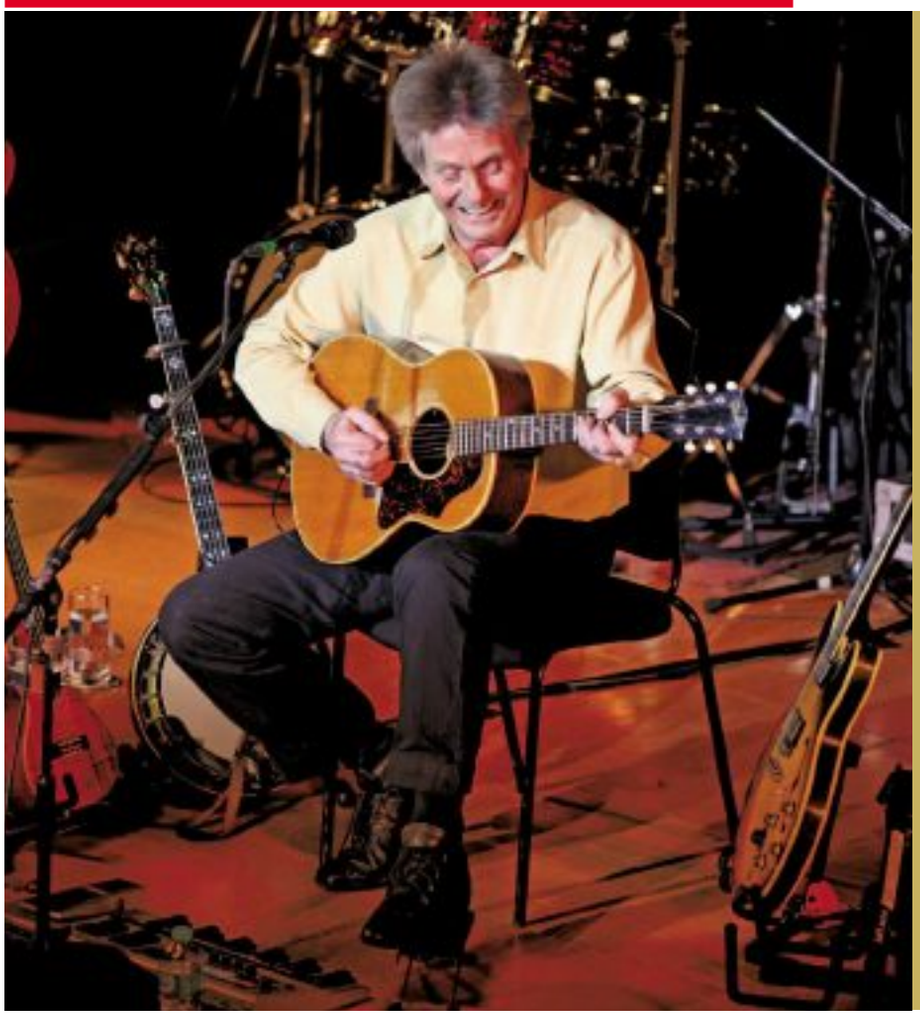
Having given blood a few times in the past, I attended a session at The Church of Christ the Cornerstone in CMK and discovered it's even easier than the last time I rolled up my sleeve three years ago.

First you have to answer a few questions about your health (understandable given your blood will be donated to someone else) and then your haemoglobin levels are checked with a little injection into your finger.

When I have given blood before I have laid on a bed, but at this session there were specially adapted chairs that lean back, making it easier for the blood to be collected.

I have 'small' veins, which means it can be difficult for the nurses to find one that's suitable.

Despite this, it took me just over five minutes to give a pint of blood, which really isn't long when you consider my donation could save



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to help save lives

Encouraging more volunteers: Shilpa Patel, one of the donors and Scott Kirk enjoying his biscuit

someone's life.

After that comes the best bit – free biscuits and tea! You need these to get your blood sugar levels back up.

About 80 pints would have been taken during the session I attended and as a general rule, three people can be helped from each one.

To find out more about giving blood visit blood.co.uk.

For a list of forthcoming sessions log onto our website – **onemk.co.uk**

Church collection: About 80 people attended the session held in CMK

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Vet warns owners over dog disease

BY PHILIP MCELENEY
editor@mk-news.co.uk

A VET has warned dog owners to be 'especially vigilant' for symptoms of a dangerous flesh-eating disease.

Alabama Rot is a disease that can cause extremely painful ulcers on the legs of dogs and sometimes leads to kidney failure.

A case of the disease has been reported in nearby Northamptonshire and now Bletchley vet Dr Amy Converse has warned owners to be on their guard.

Dr Converse, from Vets4Pets, said: "As the cause is currently unknown, it is difficult to know exactly how to prevent it, as we have no current recommendations within the veterinary community.

"We do know that it is caused by walking in woodland, so owners should be especially vigilant if their dogs walk in woodland to keep an eye out for any sores on the limbs or extremities as this is the first sign usually."

The disease is not sex, breed, age or weight related. It is estimated the disease is fatal in 90 per cent of cases, but if it is caught early enough, then treatments can be given in a bid to save the dog's life.

Expert: Vet Dr Amy Converse

ALABAMA ROT

- Symptoms include ulcers around the lower leg, vomiting and not eating food.
- The disease was first reported in the 1980s in the US.
- Real name diopathic renal glomerular vasculopathy.
- It is believed to be caused by a rare form of E.coli.
- It can kill in just three days.

Dr Converse added: "If the owner is worried they should take their pet to their vet, who can then assess the kidney function of the dog as this is the organ that is affected by Alabama Rot."

There have been around 60 known cases of Alabama Rot in the UK since 2012 – after it was spotted in the New Forest in Hampshire.

Cases have been found in a number of places across the UK, including Hampshire, Dorset, Surrey, Cornwall, Worcestershire and County Durham, with a growing number of cases in the last three months.

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For further information contact:
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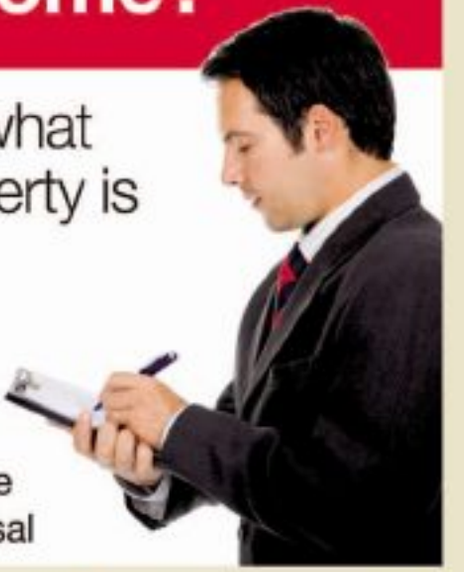

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Parents presented

BY JESSICA DUNCAN
jessica.duncan@mk-news.co.uk.

First baby born on Christmas Day: Eiliyah Sofia with Sayed and Zeenat Bokhary

Who's this: Baby Poppie-Jo with Amie McEvoy and partner Elliot Stokes

THERE was one lucky number on nurses' lips at Milton Keynes University Hospital's maternity ward on Christmas and New Year's Day as seven babies were born on each.

Girls beat the boys to the top spot, being the first born on both Christmas and New Year's Day.

Aarunya Painuly was born to parents Sanskriti and Ashutosh, of Two Mile Ash, at 12.46am on New Year's Day, weighing 8lbs 2ozs.

Baby Eiliyah Sofia, weighing 8lbs, was born to parents Sayed and Zeenat Bokhary, from Wolverton, at 1.27am on Christmas Day.

Both families were surprised with a special hamper of essential baby items from a mystery person, who provides the gifts every year.

Ashutosh said: "The hamper was a big surprise and we were delighted to have the first baby of 2016."

Zeenat added: "I was competing with another women but she was having a C-section and I didn't realise until the nurses told me after I gave birth.

"I really want to say thank you

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ABTA The Travel Association

with bundles of joy

New arrival: Emilia-Poppy Ali, *left*, with her parents Laura and Abs, brother Zachary and sister Olivia

Pretty in pink: Ayesha Butt, *below*, on Christmas Day

to the person who gives out the hampers."

Emilia-Poppy Ali was due on Boxing Day, but mum Laura, from West Bletchley, went into labour on New Year's Eve and gave birth to her and husband Abs' third child at 4.08am on New Year's Day.

Mothers on Christmas Day told MK NEWS how they gave birth surrounded by decorations and to the sound of Christmas songs.

Amie McEvoy and her partner Elliot Stokes, from Olney, were blessed with their first child Poppie-Jo at 2.54pm on Christmas Day.

While at 4.05am Ayesha Butt was born to Wjeeha and Jawad from Middleton.

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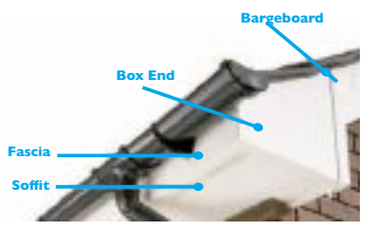

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Conservatory Too Cold In The Winter?

Do you find yourself **locking it up**?

Is it a **wasted space** due to the cold?

Is there **nowhere** for the **kids to play**?

Are you **deafened** by the **noise of rain**?

Is there **constant condensation**?

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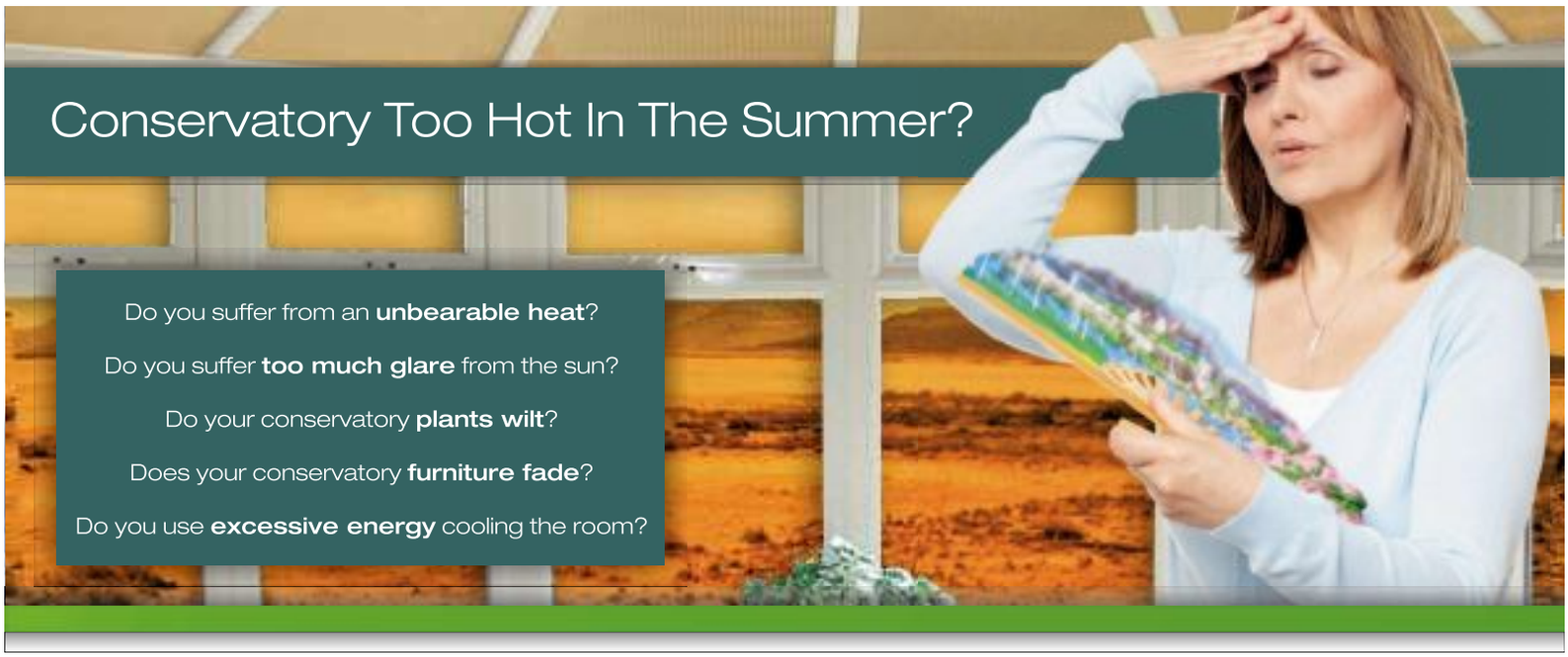

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Does your conservatory **furniture fade**?

Do you use **excessive energy** cooling the room?

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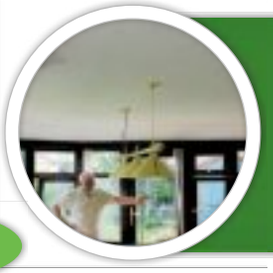

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MK BUSINESS

Dragon to mentor best business

THE deadline to enter a competition designed to boost the best businesses in Milton Keynes, which will see the winner receive mentoring from Dragons Den star Deborah Meaden, is fast approaching.

Organised by Local Media Works, the marketing body for the local press industry, the Local Business Accelerators (LBA) scheme sees newspapers – including MK NEWS – joining the hunt to find the best local firms.

The winner will scoop the LBA national prize of business mentoring from Deborah, who is the campaign's ambassador, as well as free advertising to help take their business to the next level.

Deborah, who ran a multi-million pound family holiday business, has been a regular investor on BBC show Dragons Den since 2006. She has also been involved with LBA since it launched in 2011.

She said: "Since its inception, LBA has consistently demonstrated that local media advertising can accelerate local businesses, energising and invigorating local economies.

"That is because people trust local news brands more than any other media and are much more likely to engage with, and act upon, the advertising within them."

The campaign has also been welcomed by Prime Minister David Cameron.

He said: "The campaign will help provide the boost that our smaller businesses need."

Interested businesses can find out how to enter at **onemk.co.uk**

Entries close on Friday, January 29.

Increased footfall: Shoppers were out to take advantage of the sales

Bags of shoppers visit MK over festive period

BY CHRIS KNIGHT
editor@mk-news.co.uk

BARGAIN hunters were out in full force throughout Christmas and the New Year, with the city's leading retail centres all recording strong trading figures for the festive period.

The centre:mk, intu Milton Keynes and Kingston Centre Retail & Shopping Park all saw increases in footfall, as shoppers looked to take advantage of the sales.

Kevin Duffy, centre director at the centre:mk, said: "Hobbs, Joules, Tiger and Jigsaw were great additions to an unmatched Christmas offer in the region, while visitors to Santa's Grotto delivered double digit growth year on year with footfall in Middleton Hall up 15 per cent.

"The addition of our Christmas market in Queens Court also proved to be a real hit and something we will look to build on in the coming months."

Retailers at intu Milton Keynes reported 'strong' Christmas trading and stated that consumer confidence and spending was 'high'.

Footfall at the centre was up throughout the period compared to last year, but the biggest growth came the week after Christmas.

Shelley Peppard, general manager at intu Milton Keynes, said: "This is a very encouraging start to the New Year.

"We have an exciting 2016 ahead of us that is packed with events and activities to attract people to the centre, starting with the Big Birdhouse Tour, which is in intu now."

Karen Clayton, centre manager at Kingston Centre Retail & Shopping Park, added: "We've had a very busy Christmas and sales period this year at the Kingston Centre, with footfall up on last year.

"Several store managers at the centre have said the strong Christmas period has helped retailers to exceed their sales targets."

Companies to help inspire creative teens

A CREATIVE advertising agency and a work-related learning organisation have partnered up to offer a new competition for students.

Recognising the need to train, develop and inspire young people to look at employment opportunities has been a topic of discussion at many business gatherings in recent months.

Now Think Tank – a creative competition for Year 13 art, design, media and graphic design students – has been set up by WS Advertising in Bletchley and Proactive Education.

With support from other businesses, the competition will recognise and reward the up-and-coming talent within the city's secondary schools and colleges.

Students are being asked to submit poster entries, telling judges what Milton Keynes can offer them in the world of work, what will inspire them to stay in the city and what they hope future employment opportunities will look like.

Entrants need to register their initial interest in the competition by logging onto www.thinkgrid-cc.co.uk by Friday, January 15. Final artwork should be uploaded by noon on Friday, February 12. A shortlist of 10 finalists will then be drawn up with the judging taking place on Friday, March 11.

The shortlisted entries will be displayed at an awards presentation at the Venue Cranfield on Thursday, March 17 where the winners will be announced and presented with prizes.

Students, parents, teachers, sponsors and key business people will be invited to attend the awards ceremony.

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- Anchored by The Cooperative
- Busy Local Centre
- Free shopper car park

Great Linford Local Centre, Great Linford Local Centre

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A Life in the Day – the Princess Diaries (cont)

DEAR Diary: I am boyfriended up!

Me and Aladdin are besties, at last!

On New Year's Eve, right, it was the annual ball (yawn) and I was looking like, bang tidy.

I made the handmaidens all wear paper bags over their heads because, well, because I don't trust them not to chirpse wiv Aladdin.

Oh, and because I can – lol!

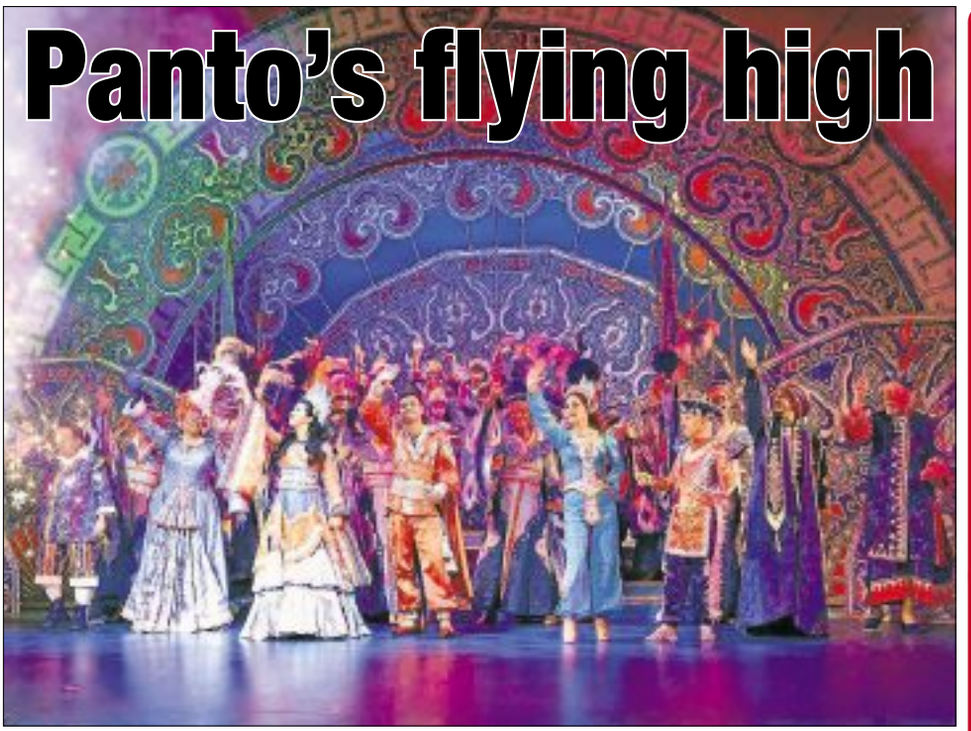
It was the best night eva. We ate some of those things on tiny bits of pastry and I had a glass of champagne – didn't like it much so I added some Coke and it was much better.

After that, we kinda danced the night away (well, it was gone 10pm) until dad said I had to go to bed. Arrrgh!! He is such a douche sometimes!

Anyway, Aladdin and I said goodnight and then…he kissed me!

If 2016 is gonna be as on point as December 31, 2015, OMG, I just can't wait!

Panto's flying high



DID we enjoy it? Oh, yes we did!

Okay, it's true that you can't please all of the people, all of the time.

But while it's a shame if you lose some, it's bloomin' marvellous if you win a whole lot more.

Here are just a few of the many positive comments about Milton Keynes Theatre's panto that you made on social media:

'Absolutely brilliant! I took three generations of my family and from the grandparents to the children we all thoroughly enjoyed ourselves. Would recommend to anyone for a fun evening out with the family'.

'Everything you need, glitz, glitter, glamour. Loved it!!'

'You just have to see Aladdin. This is a very special panto performance'.

'Superb, totally enjoyed by all from three years to 67 years'.

'Great cast, excellent choice of music, superb scenery and wonderful entertainment for the whole family'.

'Amazing!!! So well written and the actors were brilliant. My whole family loved it'.

And here are just a few snippets about the show, taken from the fabulous reviews in the local press.

'Aladdin is loud, brash, colourful, musical and very funny. And as with all good pantos, it's a great way to kick off your Christmas festivities'. (Bedfordshire on Sunday)

'Fantastic fabulous fun for all ages – me, my 13-year-old and my six-year-old laughed the whole evening'. (RAF News)

'Sparkle and twinkle…MK Theatre's production of Aladdin glows with energy, fun, songs and laughter, panto at its best'. (UK Theatre Net)

'From the moment the curtain lifts the entertainment begins as the theatre erupts into a riot of colour provided by a plethora of stars'. (MK NEWS)

'The sparkliest, glitteriest pantomime ever with a very talented cast and a genuinely hilarious script'. (MKFM)

Milton Keynes Theatre's annual pantomime has become a Christmas staple in Milton Keynes as it continues to spread joy and laughter over the festive season – and it's not over yet! You have until Sunday to see it and tickets are still available from £12. As one satisfied customer said:

'Did we enjoy it? Oh, yes we did!'

What will be entertaining families next year?

There are still a few more fun-packed performances to go before the final curtain comes down on Aladdin.

And then…it all starts again.

You think Christmas comes too soon in the shops? The elves in the marketing office of Milton Keynes Theatre are already in the early stages of planning the Christmas show 2015/16.

Well, six weeks of panto doesn't just happen by magic you know.

And when it's Dick Whittington, there are streets to be paved with gold, rats to be chased out of town and Lord Mayors of London to be honoured.

So who will be heading to Milton Keynes to play Sarah the Cook, Dick Whittington and Idle Jack next December? Ah, that's going to have to stay a secret for a little bit longer yet!

Tickets for Dick Whittington go on general sale on Friday, January 15, from the box office on 0844 871 7652 or at atgtickets.com/miltonkeynes

GARY WILMOT
AS WIDOW TWANKEY
BEN ADAMS
AS ALADDIN
WAYNE SLEEP
AS THE GENIE OF THE RING
KEV ORKIAN
AS WISHEE WASHEE

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Hop on as show rides onto stage

JASON Donovan is back by popular demand as Tick in Priscilla Queen of the Desert – The Musical.

Based on the smash-hit film, this feel-good show is about three friends who go aboard a battered old bus looking for love and friendship and finding a lot more than they initially expected.

As well as amazing costumes, there are some hit songs in the show, including I Will Survive, Hot Stuff, Finally, Boogie Wonderland, Go West, Girls Just Wanna Have Fun and I Love the Nightlife.

Priscilla, Queen of the Desert will be performed at Milton Keynes Theatre from February 1-6 at 7.30pm. There will also be a showing at 2.30pm on February 3 and 6.

Tickets cost between £12.50 and £47.50 and can be booked at atgtickets.com

inside we speak to jason donovan about his starring role

Enough Said!

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classicdate

MILTON Keynes City Orchestra will welcome back internationally-renowned violinist Tamsin Waley-Cohen to kick off the New Year.

She will be performing with the orchestra at the Venue MK on Friday, having previously opened its 2013/14 season.

She will take to the stage for Mendelssohn's Violin Concerto, under the baton of the orchestra's music director and principal conductor Damian Iorio.

Tickets for the performance – which begins at 7.30pm – start from £10 at www.mkco.org

magicmusical

FORMER Neighbours heartthrob Jason Donovan says he is looking forward to returning to Milton Keynes Theatre in Priscilla Queen of the Desert – The Musical.

Jason has performed the show at the same theatre before and says the audience seems to really understand and buy into the musical.

"We're really looking forward to it," he told MK LIFE.

"I can travel home to London each night, which always makes me happy.

"I've always enjoyed the audiences in Milton Keynes and it's a nice modern theatre.

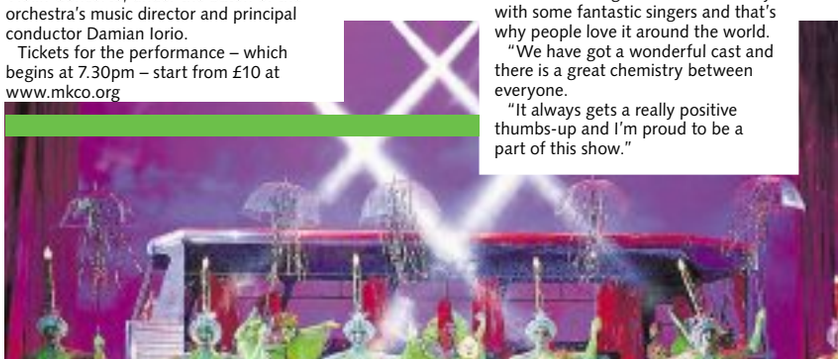
"I've done Priscilla here before and it's gone down well – it's a universally loved piece of theatre and it's a modern musical for a modern audience.

"Milton Keynes has a massive catchment area and they get it with musicals like this.

"The story has got a wonderful heart and it's a great Australian story with some fantastic singers and that's why people love it around the world.

"We have got a wonderful cast and there is a great chemistry between everyone.

"It always gets a really positive thumbs-up and I'm proud to be a part of this show."



divinedining

AWAY from the endless chain eateries the Theatre District has an exceptional African restaurant, Big Momma's.

Found upstairs in Garrick Walk, the menu covers the continent from coast to coast with dishes from a Moroccan Soup (harria) to a South African stew (potjiekos).

The names on the menu may seem unfamiliar but if you take time to study you will find quite a few popular flavours at a cost that will not break the bank.

Popping in for a light evening meal on my visit I picked the kofta tagine, **pictured**. The lightly spiced lamb mince in a charmoula sauce was served with warm pitta and salad and topped with poached egg. Divine.

My partner chose to tackle the Big Momma's mixed grill. It had lamb chops and piri piri chicken, as well as boerewors sausages and braised oxtail.

The desert selection had quite a western style and was a little disappointing. Although the place was quite empty when we dined the atmosphere was good and a friendly waiter explained the dishes to us.

If you are looking to get away from the big names go to Big Momma's – a restaurant serving sides of fried plantain is worth a visit.

Andy Handley

animalrescue

HULA Animal Rescue is holding its New Year Get Together on Sunday from 1pm to 3.30pm.

The charity, which looks after dogs, cats and small animals looking for a new home, will be hosting a Grand January Sale and a dog parade from 2.30pm.

Children can also meet the resident farm animals at the event at Glebe Farm in Aspley Guise.

Admission is £2 for adults and free for children. Dogs are welcome. All proceeds raised go towards the care of HULA's animals.

got an exciting event? email editor@mk-news.co.uk
see more leisure news at www.onemk.co.uk

beachboys

FRIDAY Night Films at MK Gallery are back this week.

Love and Mercy – which stars John Cusack and Paul Giamatti – will be shown from 7.30pm on Friday.

It follows the true story of Brian Wilson, the leader of one of the world's biggest bands – the Beach Boys.

Set in the 1960s, the Beach Boys are a hugely successful pop group but they have their future thrown into doubt when their leader, Brian Wilson, suffers a panic attack and quits touring.

Tickets for the film are £5 (£3 for concessions) from mkgallery.org

Woburn Safari Park enjoyed a bumper 2015. Looking back over the past year in his monthly column is our resident Ranger BOB STREATFEILD

2015 was a very special year for all the keepers and animals at the park.

We watched the five lion cubs and Tarli, the Asian elephant calf, settle into life at Woburn and even now, we find it hard to believe how grown up they all are!

Our new marmoset enclosure opened in the spring and of course in September, we welcomed the adorable Amur tiger cubs.

2016 is shaping up to be just as great and will start with a roar when the tiger cubs emerge out into their enclosure for the first time during the beginning of the year.

Finally, from everyone here at Woburn Safari Park, we wish you a Happy New Year.

Thanks to everyone who has read these columns over the past year.

Make sure you see all the pictures of our cute critters online at www.onemk.co.uk.

Bob the Ranger x

jazzmatters

THE first monthly show in 2016 of Jazz Matters takes place at The Stables on Sunday.

January's performance will be delivered by musicians Dave Green and Daryl Sherman, on bass and piano respectively.

Founded by The Stables' life president Sir John Dankworth, Jazz Matters invites different guests to put on a show each month.

Tickets for Sunday's performance are priced at £12 and the show begins at 11.30am. For more information, visit www.stables.org or call (01908) 280800.

europeanrugby

WORLD class rugby is on our doorstep - and MK NEWS has teamed up with Northampton Saints to give away tickets to their massive European match against Glasgow Warriors.

Jim Mallinder's Saints side are hosting the Warriors at Franklin's Gardens in Northampton on Sunday, January 17.

Qualification for the European Rugby Champions Cup quarter finals is on the line, with the teams neck-and-neck in the chase for the knock-outs.

And 10 lucky readers will win four tickets to the game! To be in with a chance of winning simply answer the following question:

Who is the Director or Rugby for Saints?

A) Jim Mallinder
B) Jim Royle
C) Jim Bowen

To enter visit www.onemk.co.uk/competitions
You can also send your answer, name, address and daytime phone number to MK NEWS, 1 Diamond Court, Fox Milne, MK15 0DU by Wednesday, January 13. The editor's decision is final

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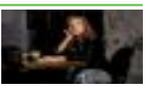
Saturday 16 January, 8pm **DREAMING OF KATE**
Maaike Breijman's brilliant tribute to the music of Kate Bush
Tickets £18.50

Friday 22 January, 8pm **OYSTERS3**
Featuring three founder members of folk legends Oysterband
Tickets £17.50

Saturday 23 January, 8pm **JAY RAYNER: SONGS OF FOOD AND AGONY**
The renowned restaurant critic is joined by his jazz quartet
Tickets £18

Monday 25 January, 8pm **PATTY GRIFFIN**
Grammy-award winning singer-songwriter performs tracks from her new album
Tickets £23.50



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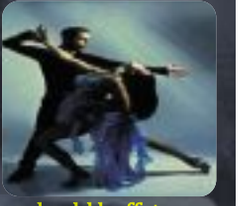
Saturday 13th George Benson Tribute £25.00pp



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PROPERTY TALK >with NIGEL LEWIS

Christmas cottage unwrapped

ALL this cute thatched house wants for Christmas is a new owner – and with a name like Christmas Cottage you'd think it wouldn't be too hard to find.

However, it's still waiting despite a fairly radical plan to sell it a couple of years ago. After being on the market for a while, and no interest despite a couple of open houses, owner Carl Pate decided to hold a focus group to get some brutally honest feedback.

The group included the owner of a similar period property and a woman who buys and does up homes for sale. They came up with some ideas which Pate took on board and as a result Christmas Cottage had a major facelift costing about £15,000 while the price was reduced from £500,000 to £475,000.

The group's main concern was the thatched roof – how long they last, fire hazards and the problem of pests – so Carl created a factsheet to allay fears. After getting feedback on tired décor, he also ordered new carpets, took out a lot of furniture and retiled the bathroom.

After a year being rented out, Christmas Cottage in Marchington, Staffordshire, is back on the market with a reduced price of £465,000. The four-bedroom grade II listed 17th century house has got stacks of period features; the sitting room has a full-height inglenook fireplace with cast-iron burner, exposed ceiling, wall beams and wooden floor. There's also a study, games room and summer house in the grounds, kitted out with a gym.

www.fishergerman.co.uk, 01785 220044

Dirk Bogarde's secret retreat

ACTOR Dirk Bogarde's matinee idol looks made him a hugely popular romantic lead in the series of Doctor films and drove his female fans into such a frenzy that his fly-buttons had to be sewn up at premieres.

But he surprised some movie-goers when he turned up as a gay barrister in Victim, and shocked more with his turns in art-house films such as Death In Venice and The Night Porter.

The charming actor turned author wrote several novels as well as eight volumes of memoirs, which he illustrated with his own drawings following time spent studying at Chelsea School of Art and as an unofficial war artist.

In his memoir Great Meadow, Bogarde recalls his time living in a remote holiday cottage in the Sussex Downs from 1927 to 1934 with his sister Elizabeth and their strict nanny Lally. The children spent idyllic summers there and it was where he later wrote his most famous book, A Postillion Struck by Lighting.

After moving to the south of France, Bogarde came back to London during the last years of his life, when his companion and manager Anthony Forwood became ill.

That childhood cottage in Alfriston, East Sussex, has now come on the market for £1.1m. A picturesque Grade II listed four-bedroom house, Winton Fields has great Downland views from its garden, is partly built from flint and is full of period features such as inglenook-style fireplaces. There's three reception rooms, a study and kitchen/breakfast room.

www.vebra.com, 01323 430133

Posh London pad where Kermit lived

KERMIT'S OLD PAD: This penthouse in Camden used to be part of the Muppets' HQ

Seventies favourites The Muppets' recent return to the small screen was criticised for being low on laughs and neither inspirational or celebrational.

However, back in the late 1970s the colourful foam creations were the toast of Saturday night TV – the result of creator Jim Henson's imagination.

After moving to London, the Muppeteer set up Jim Henson's Creature Shop in Hampstead. However neighbours used to complain about the foul-smelling chemicals created by foam latex and mould-making.

The company moved to a large, Victorian industrial warehouse in Camden and became a powerful special effects production house for the global movie industry, building monsters of all kinds, despite the advances of the virtual ones via CGI.

Even with Henson's sudden death in 1990, the company remained in London, run by his son Brian, and worked on more hits starring its cute (and gruesome) creations for movies such as farmyard tale Babe and the first Harry Potter film.

The Creature Shop is now based in Hollywood where it still turns out Sesame Street's soft puppets and wacky on-stage creations for Lady Gaga.

The former warehouse in Camden's Oval Road was turned into luxury apartments in 1995 and now a duplex penthouse with four bedrooms is on the market for £6.5m after the current owners spent six months giving it a complete design overhaul.

It boasts five bathrooms, four large terraces, balcony, utility room and 24 hour porter. The apartment comes with two parking bays but owners can also use the building's bicycle pool.

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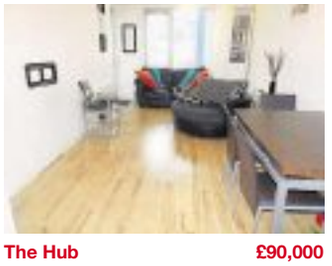

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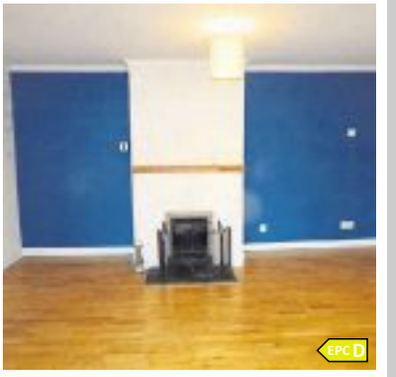
- Utility Room/Cloakroom
- Integral Garage
- Cul-de-Sac Location



Hanslope **£330,000**

- Detached Property
- Four Bedrooms
- Three Reception Rooms
- Conservatory
- Gardens & Garage

Deanshanger **£250,000**

- End Terraced Property
- Three Bedrooms
- Kitchen & Lounge/Diner
- Rear Garden
- Garage & Off Road Parking

Stony Stratford **OIEO £230,000**

- Spacious Terraced Property
- Four Bedrooms
- Lounge/Diner
- Gas Central Heating
- Viewing Recommended

Stony Stratford **£580,000**

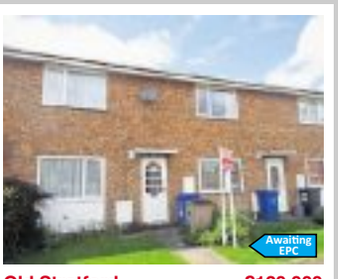
- Spacious Character Property
- Five Bedrooms
- En-Suite to Master
- Two Reception Rooms

Wolverton **£189,995**

- Upper Floor Apartment
- Two Bedrooms
- No Onward Chain
- Viewing Receommended

PUBLIC NOTICE **£120,000**

52 Weavers Hill, Fullers Slade, Milton Keynes, MK11 2BN. We are acting in the sale of the above property and have received an offer of £133,000. Any interested parties must submit any higher offers in writing to the selling agents before exchange of contracts takes place. EPC rating D



Old Stratford **£120,000**

- Upper Floor Apartment
- One Bedroom
- Kitchen & Lounge/Diner
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Woburn Sands **OIEO £450,000**

Semi detached character property comprising three bedrooms, three reception rooms, two bathrooms, office, utility room, conservatory and roof terrace.

Oakridge Park **£325,000**

Wilson Peacock are delighted to offer for sale this immaculately presented four bedroom townhouse. The property benefits from gas to radiator heating and uPVC double glazed windows.

Monkston **£600,000**

Wilson Peacock are offering for sale this outstanding, four bedroom barn conversion property located on the end plot of a private driveway for only three properties. Viewing is highly recommended.

Greenleys **£450,000**

A five bedroom detached property in Greenleys. The property benefits from a newly re-fitted top of the range kitchen including many high specification integral appliances.

Brooklands **£320,000**

This three bedroom detached property comprises lounge, kitchen/diner, en-suite and bathroom. The property benefits from gas to radiator heating and double glazed windows.

Bletchley **£220,000**

This three bedroom semi detached property is located in Bletchley. The property benefits from uPVC double glazing and gas to radiator heating.

Walnut Tree **£290,000**

Sold STC! Similiar property urgently required. Call 01908 850994 for a free valuation!

Walnut Tree **£230,000**

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Bradville **£185,000**

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Two Mile Ash **£170,000**

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Broughton **£175,000**

Wilson Peacock are delighted to offer for sale this two bedroom apartment located in Broughton. Viewing is highly recommended.

New Bradwell **£125,000**

Two bedroom apartment in New Bradwell. The property in brief comprises lounge/diner, kitchen, bathroom, separate WC and plenty of storage space.

Oldbrook **£115,000**

Wilson Peacock are delighted to offer for sale this three bedroom, 50% shared ownership property in Oldbrook.

Downhead Park **£80,000**

This three bedroom semi detached 30% shared ownership property in Downhead Park. The property benefits from gas to radiator heating and uPVC double glazed windows.

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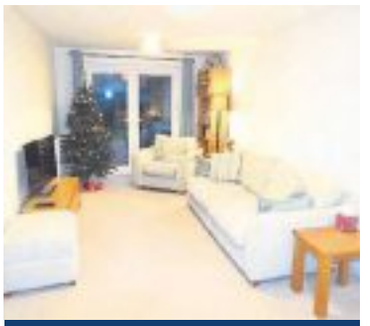
Sales & Lettings
Newport Pagnell: 01908 850999

Cranfield **£425,000**

Wilson Peacock are proud to present this spacious five bedroom detached family home. The property in brief comprises entrance hall, lounge, dining room, kitchen, utility area, five bedrooms, en-suite, family bathroom, cloakroom and gardens to the front and rear.



Newport Pagnell **£349,999**

A well presented three bedroom detached property. This home has been greatly improved by the current owners boasting plaster finish walls and ceilings throughout, Karndean flooring, a large single storey extension and a luxury re-fitted kitchen.

Newport Pagnell **£340,000**

A three bedroom link detached family home situated in the sought after location of Newport Pagnell. This property boasts a recent boiler, spacious mature gardens, a wealth of storage space and in brief comprises of lounge, dining room, kitchen and conservatory.

Newport Pagnell **£275,000**

A three bedroom family home situated in Newport Pagnell. This home benefits from a large driveway, garage, scope for extension and in brief comprises of lounge/diner, kitchen, conservatory, bathroom, garage and rear garden.

Newport Pagnell **£275,000**

A beautifully presented three bedroom semi detached home, located on the Poets estate of Newport Pagnell. The home benefits from a top location opposite Portfields school and local amenities.

Great Linford **£229,995**

A well presented three bedroom property situated in Great Linford. This property is in good condition throughout and boasts very versatile living accommodation.

Newport Pagnell **£199,999**

A two bedroom bay fronted ground floor character apartment. This home is situated in the heart of Newport Pagnell and in brief comprises of lounge, kitchen/diner and private off road parking.

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Teaching and Support staff vacancies

Walton High welcomes applications from teachers and support staff who share our ambition to provide students with the very best education. From September 2016, Walton High will be a dual campus school when the new Brooklands site opens. It is just over 2 miles from the existing school and in its first year will have approximately 270 students on roll, in Years 7 - 9, but will eventually grow to 1500+ including Post-16. The majority of staff will work at just one location. A single system of governance, organisation, leadership and management will operate across both campuses.

Teaching Staff **start in September 2016**

Leading Teacher for Maths (April/September start)	£42,500 - £50,000
Subject Leader for German	£34,500 - £41,250
English Teacher	£22,500 - £37,500
Maths Teacher	£22,500 - £37,500
Science Teachers (all specialisms)	£22,500 - £37,500
Computer Science/IT Teacher	£22,500 - £37,500
Economics/Business Studies Teacher	£22,500 - £37,500
Geography Teacher	£22,500 - £37,500
History Teacher	£22,500 - £37,500
Religious Studies Teacher (Philosophy and Ethics)	£22,500 - £37,500
DT (Resistant Materials) Teacher	£22,500 - £37,500
Art Teacher	£22,500 - £37,500
Maths Tutors	salary negotiable

Support Staff **start ASAP**

Data Officer
37 hours per week, 52 weeks per year
£16,041 - £18,824

Behaviour Support Assistant
37 hours per week, term time only
£13,665 - £16,036

Closing date: midday on 15 January

For further information and an application form, please visit our website www.waltonhigh.org.uk

Walton High is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. These posts require an enhanced DBS check.

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WARDEN HILL JUNIOR SCHOOL
Birdsfoot Lane, Luton LU3 2DN

Teaching Assistant (3)/ Learning Supervisor

£12,844 - £14,058 p.a. **Vacancy ID: 104062**
28.83 hours per week, term-time, plus 5 training days

"Warden Hill Junior School is a safe and secure place. Pupils are happy to come to school. The behaviour of pupils is good" OFSTED 2014.

We are looking to recruit a Teaching Assistant(3)/Learning Supervisor, to start as soon as possible, to:-

- cover teaching colleagues as required, following pre-prepared lesson plans and activities
- provide emergency absence cover as directed
- provide classroom support when teacher cover is not required.

You must have:-

- experience of working in a school environment
- have demonstrable experience of planning, monitoring and assessment of pupils' work
- relevant NVQ Level 3 or equivalent qualification
- ability to commit to relevant job training.

We can offer you:-

- well behaved and happy children who are keen to learn
- friendly and supportive staff
- excellent CPD opportunities.

Visits to the school are very welcome, please contact the school office on 01582 591386 to arrange an appointment.
Closing Date: 13th January 2016
Interview Date: 21st January 2016

CVs will not be accepted for any posts based in schools.
Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.
Applicants must be willing to undergo child/vulnerable adult protection screening appropriate to the post, including checks with previous employers and a Criminal Record check.

We value equality because quality services need the best people - from the whole community.

LUTON BOROUGH COUNCIL

SURREY STREET PRIMARY SCHOOL
Cutenhoe Community Learning Park, Cutenhoe Road, Luton LU1 3NJ

Family Worker

£21,695 - £24,045 p.a. **Vacancy ID: 104073**
37 hours per week, term-time, plus 10 days

We are looking for the right person to join our family team. We are an expanding school near the centre of Luton with a vibrant Family Room and plenty to keep you busy!

- Do you enjoy working with children from babies to 11 years?
- Can you build relationships with parents, carers, school staff and other professionals?
- Can you identify strategies and activities to support families?
- Are you discrete and tactful yet not afraid to deliver tough messages?
- Are you resilient, flexible and able to manage a busy diary?
- Do you have experience of working with parents and children and hold an NVQ3 or other relevant qualifications?

Interested? Make an appointment to come and meet us on 01582 748810 and see for yourself what a great place our school is for pupils, parents and staff.

Behaviour Support Co-ordinator

£20,032 - £22,203 p.a. **Vacancy ID: 104074**
35 hours per week, term-time, plus 5 training days

Do you have substantial experience and expertise in working with children with a wide range of Behavioural, Emotional and Social needs?
Do you love working with challenging children and believe strongly in developing emotional literacy?
Are you empathetic, caring, flexible and resilient?
If yes then this could be the job for you!

We are a friendly, inclusive school. OFSTED (January 2015) said:

- The school is a happy one where pupils from many different cultures and backgrounds work and play together in harmony.
- Pupils have positive attitudes to learning, behave well and feel safe.
- The curriculum gives pupils a varied range of experiences that contribute strongly to their spiritual, moral, social and cultural development.

Visits to the school are encouraged. Please contact the school on 01582 748810 to arrange an appointment.
Please visit our website www.surreystreetprimary.com to download an application form for either of the above roles or email pa@surreystreetprimary.net.
Closing Date for both roles: 15th January 2016
Interview Date: w/c 25th January 2016

CVs will not be accepted for any posts based in schools.
Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.
Applicants must be willing to undergo child/vulnerable adult protection screening appropriate to the post, including checks with previous employers and a Criminal Record check.

We value equality because quality services need the best people - from the whole community.

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Experience within an accounts environment and possibly studying towards AAT qualification or similar will be an advantage

Good communication skills are required to build & maintain strong relationships with suppliers, customers and internally to resolve any queries

Candidates are expected to have excellent organisational and IT skills with a specific requirement for Excel

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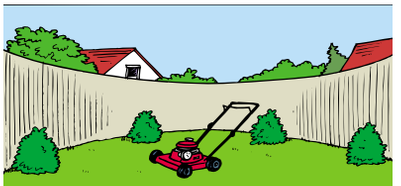

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Public Notices

FORM OF STATUTORY NOTICE FOR INSERTION IN THE LONDON GAZETTE

NOTICE

A building certified for worship named He Lives Bible Church, 2nd Floor Maybrook House, 224 Queensway, Bletchley, Milton Keynes, in the registration district of Milton Keynes in the Non-Metropolitan Borough of Milton Keynes, was on the 24th September 2015 registered for solemnizing marriages therein, pursuant to *Section 41 of the Marriage Act 1949 (as amended by Section 1(1) of the Marriage Acts amended Act 1958) *

M C Mayers
Superintendent Registrar
2 October 2015

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Public Notices

Milton Keynes Council
Proposed expansion of The Redway School

Notice is given in accordance with section 19(1) of the Education and Inspections Act 2006 and the School Organisation Regulations 2013, that Milton Keynes Council, Saxon Court, 502 Avebury Boulevard, Central Milton Keynes, MK9 3HS intends to make a prescribed alteration to The Redway School (Community special school), Farmborough, Netherfield, Milton Keynes, MK6 4HG from 1 April 2016.

Milton Keynes Council intends to expand the facilities and increase the number of places available at the school by up to 40 places. The council premises at MK East Local Office, Farthing Grove, Netherfield, Milton Keynes, MK6 4JH will become an annex to the school.

The capacity of the school is currently up to 140 pupils, the expansion will enable the school to take up to 180 pupils.

This Notice is an extract of the complete proposal, which can be accessed online at: www.milton-keynes.gov.uk/consultations, or can be obtained from: Susie Morrissey, Programme Lead, Setting and School Sufficiency and Access, Milton Keynes Council, Saxon Court, 502 Avebury Boulevard Central Milton Keynes MK9 3HS.

Tel: 01908 254643. Email: Sufficiency&Access@milton-keynes.gov.uk

Within four weeks from the date of publication of this proposal, any person may support, object or make comments by submitting an online form at www.milton-keynes.gov.uk/consultations, or by emailing sufficiencyandaccess@milton-keynes.gov.uk, or in writing to the above address. The closing date for comments is 3 February 2016.

Signed: Marie Denny, Head of Service – Sufficiency and Access

Date: 6 January 2016

(THE COUNCIL OF THE BOROUGH OF MILTON KEYNES) (CENTRAL MILTON KEYNES) (ON-STREET SPECIFIC AND PERMIT PARKING PLACES) ORDER 2002) VARIATION ORDER 2016

NOTICE IS HEREBY GIVEN that the Council of the Borough of Milton Keynes has on 5th January 2016 made the above Order under the Road Traffic Regulation Act 1984 which will affect all classes of vehicle and have the following effects:

- The relocation of the existing community transport parking place on Silbury Boulevard, Central Milton Keynes, outside door 5 of the shopping centre from the north-east side of the porte cochere to the south-west side;
- The relocation of the existing four disabled persons' parking places on Silbury Boulevard, Central Milton Keynes, outside door 5 of the shopping centre from the south-west side of the porte cochere to the north-east side;
- Remove the existing community transport parking place on Midsummer Boulevard, Central Milton Keynes, outside door 8 of the shopping centre in its entirety;
- Remove the existing community transport parking place on Midsummer Boulevard, Central Milton Keynes, outside Waitrose in its entirety.

Exemptions from the proposed Order include: emergency service vehicles, statutory undertakers, building, demolition and excavation, and some others.

The made Order will come into effect from 11th January 2016.

A copy of the Order as made together with a map showing the areas referred to may be inspected during opening hours at **Milton Keynes Library**, 555 Silbury Boulevard, Central Milton Keynes and during normal office hours at Milton Keynes Council, Civic Offices, 1 Saxon Gate East, Milton Keynes.

Any person wishing to question the validity of the Orders or any provision contained in the Orders on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act, or on the grounds that any requirement of the Act or any Instrument made under the Act has not been compiled with may, within six weeks from the date on which the Order was made, apply to the High Court for that purpose.

(TONGWELL ROUNDABOUT (PART), DANSTEED WAY) (TEMPORARY CLOSURE) ORDER 2016

NOTICE IS HEREBY GIVEN that the Council of the Borough of Milton Keynes intends, in not less than seven days from the date of this Notice, to make an Order under Section 14(1) of the Road Traffic Regulation Act 1984, the effect of which will be to temporarily prohibit vehicles from entering, waiting or proceeding along part of the westbound egress road of Tongwell Roundabout. It is anticipated that the temporary closure will be in effect from 18th January 2016 until 20th January 2016.

Whilst the above length of road is closed, the alternative route northbound will be via Willen Road, Monks Way (A422), Brickhill Street and Dansteed Way.

There will be no exemptions from the provisions of the proposed Order except for emergency services vehicles and military vehicles being driven on operational duties.

The closure will be clearly signed in accordance with Chapter 8 of the Traffic Signs Manual.

The temporary closure will be in force on the date shown when indicated by the appropriate traffic signs displayed in the affected part of road.

All affected properties will be notified of the forthcoming closure at least one week prior to works taking place.

The proposed Order will come into operation on 18th January 2016 and will continue in force for a maximum period of 1 month or until the said works have been completed, whichever is the sooner. If the works are not completed within the maximum period stated, a further order may be made.

Any person committing a breach of the order will be liable upon prosecution to such fine as is prescribed by the Road Traffic Regulation Act 1984.

The proposed road closure and diversion route can be viewed at www.roadworks.org.

(RUSSELL STREET, WOBURN SANDS) (TEMPORARY CLOSURE) ORDER 2016

NOTICE IS HEREBY GIVEN that the Council of the Borough of Milton Keynes has on 5th January 2016 made an Order under Section 14(1) of the Road Traffic Regulation Act 1984, the effect of which will be to temporarily prohibit vehicles from entering, waiting or proceeding along the following length of road in order to allow repairs to a leaking communication pipe:-

9th - 10th January 2016

- **Russell Street, Woburn Sands** – It entire length
  Whilst the above length of road is closed the alternative route will be via Station Road and Weathercock Lane, Woburn Sands.
  Controlled access to properties along Russell Street will be maintained at all times.

Signs will be erected several days in advance to warn motorists of the dates and times when the roads will be closed.

The Council is satisfied that the temporary closure Order is necessary to enable works to be carried out on the highway. The temporary Order will come into effect on the 9th January 2016 and will expire on the 9th April 2016 and will take effect at times during the above period **only** when maintenance or repair works are required and **only** when indicated by the appropriate traffic signs, which will be erected in advance of any closure.

There will be no exemptions from the provisions of the proposed Order except for controlled access to residential properties and emergency service vehicles on operational duties.

The closure will be clearly signed in accordance with Chapter 8 of the Traffic Signs Manual.

All affected properties will be notified of the forthcoming closures at least one week prior to works taking place.

The temporary closure will be in force on the date shown when indicated by the appropriate traffic signs displayed in the affected road.

Any person committing a breach of the order will be liable upon prosecution to such fine as is prescribed by the Road Traffic Regulation Act 1984.

The proposed closure and diversion route can be viewed at www.roadworks.org.

(SIMPSON ROAD (PART), FENNY STRATFORD) (TEMPORARY CLOSURE) ORDER 2016

NOTICE IS HEREBY GIVEN that the Council of the Borough of Milton Keynes has on 5th January 2016 made an Order under Section 14(1) of the Road Traffic Regulation Act 1984, the effect of which will be to temporarily prohibit vehicles from entering, waiting or proceeding along the following length of road in order to allow maintenance and repair works to be carried out on the highway:-

9th – 10th January 2016

- **Simpson Road, Fenny Stratford** – 20 Metres either side of the Fenny Stratford Level Crossing located between Lock View Lane and The Sidings.
  Whilst the above length of road is closed, the alternative route will be via Staple Hall Road, Bilton Road, Watling Street and High Street.

The above closures will be implemented between the hours of 11.00pm (9th January 2016) and 12.00pm (10th January 2016) or until the said works have been completed, whichever is the sooner. Signs will be erected several days in advance to warn motorists of the dates and times when the roads will be closed.

The Council is satisfied that the temporary closure Order is necessary to enable works to be carried out on the highway. The temporary Order will come into effect on 9th January 2016 and will expire on 9th April 2016 and will take effect at times during the above period **only** when maintenance or repair works are required and **only** when indicated by the appropriate traffic signs, which will be erected in advance of any closure.

There will be no exemptions from the provisions of the proposed Order except for controlled access to residential properties and emergency service vehicles on operational duties.

The closure will be clearly signed in accordance with Chapter 8 of the Traffic Signs Manual.

All affected properties will be notified of the forthcoming closures at least one week prior to works taking place.

The temporary closure will be in force on the date shown when indicated by the appropriate traffic signs displayed in the affected road.

Any person committing a breach of the order will be liable upon prosecution to such fine as is prescribed by the Road Traffic Regulation Act 1984.

Date: 6 January 2016

Synergy Park, Chesney Wold, Bleak Hall, Milton Keynes

David Hall, Interim Head of Highways

MILTON KEYNES COUNCIL

FORM OF STATUTORY NOTICE FOR INSERTION IN THE LONDON GAZETTE

NOTICE

A building is the certified for worship named St James Ecumenical Church, Church Street, New Bradwell, Milton Keynes, in the registration district of Milton Keynes in the Non-Metropolitan Borough of Milton Keynes, was on the 2nd November 2015 registered for solemnizing marriages therein, pursuant to *Section 41 of the Marriage Act 1949 (as amended by Section 1(1) of the Marriage Acts amended Act 1958) *

M C Mayers
Superintendent Registrar
6th November 2015

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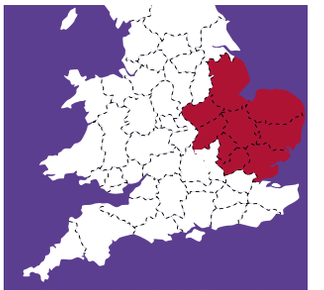

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female seeking

REMEMBER: Calls cost £1.55 per minute plus your phone company's access charge. Texts cost £1.50 per message received.

SALLY, 39yrs seeks doesn't want to be lonely this xmas. Seeks gent any age/looks unimportant must have GSOH. **Box: 4186657. Text only.**

KATIE 35yrs, slender well educated brunette seeks no strings mutual pleasure with gent 40+ Must be discreet, married or single. ACA. **Tel: 0906 515 3000 Box 419673**

ALI, 35, slim-build, fit, brown hair, blue eyes, GSOH, loving and caring, very genuine, n/s, enjoys swimming and walking my dog, looking for a similar n/s guy for friendship/LTR. **Tel No: 0906 515 4426 Box No: 420373**

EMMA pretty 30yr old Scottish lassie, new to the area and looking for some nice company, give me a call and we can take it from there. **Tel No: 0906 515 4426 Box No: 420353**

REMEMBER: Calls cost £1.55 per minute plus your phone company's access charge. Texts cost £1.50 per message received.

JEAN,44, professional nurse attractive and all woman! loves wining and dining seeking white knight who appreciates a real black beauty. **Tel No: 0906 515 4426 Box No: 420351**

MAUREEN, discreet sensual lady, 42yrs seeks daytime fun at her home. ACA. **Tel: 0906 515 3012 Box: 405297**

DISCREET man wanted by married lady for no strings fun. I'm called Sarah and am 37yrs. Pls call, ACA. **Tel No: 0906 515 3004 Box 418167**

DIVORCED female, 55, seeks easy going male in Chelmsford area between 55 and 65. Must be non-smoker, have own car and house. **Text only to mailbox no: 5345180**

JANE, young 41, very broadminded seeks chap any age for discreet no strings fun, any age, no time wasters ACA. **Tel: No: 0906 515 3008 Box: 409715**

SUSIE tactile 33yr old female who loves fast cars and motorbikes, seeks genuine male prepared to live life in the fast lane, 35-50yrs. **Tel No: 0906 515 4426 Box No: 420205**

MELANIE, tanned, tonned, young 41yrs divorcee with own flat, working, solvent, just missing a chap. **Text only to Mailbox No: 4112160**

PRETTY slim female with long brown hair, fit and active seeks fit older male for energetic relationship. **Tel No: 0906 515 4426 Box No: 416497**

VAL, 45, compassionate outgoing female with a big heart and no preconceptions just looking for love with similar minded male. Call me. **Tel No: 0906 515 4426 Box No: 420193**

MARIANNE, 38, slim, sporty, fun with good personality, loves travel, holding hands and caring for people. Seeks genuine male, no time wasters. **Tel No: 0906 515 4426 Box No: 420173**

DEBBIE, 43, dark haired passionate classy, discreet female looking for professional intelligent male wanting mutual companionship. **Tel No: 0906 515 4426 Box No: 420071**

EMMIE 28yr old lonely single mum all out of love, looking for good company with male who can tame a confident beautiful sensual lady. **Tel No: 0906 515 4426 Box No: 420041**

JENNY, 40, very feminine attractive mature classy female with beautiful blue eyes, looking for male to enjoy plenty of laughs and get to know. **Tel No: 0906 515 4426 Box No: 420349**

SOPHIA young 40yrs, married but bored, seeks discreet adult fun, any area, all calls answered. **Tel: 0906 515 3016 Box: 413399**

ALISON, five foot seven, slim build, brown hair and blue eyes, caring and loyal, likes swimming, walking dog, fun to be with, looking for a genuine caring guy, age not important, for friendship possible LTR. **Tel No: 0906 515 4426 Box No: 420087**

FELICITY, 38yrs, attractive, petite but shapely lady seeks gent for in-door activities! Age/looks/marital status unimportant but must be discreet and non demanding. **Tel: 0906 515 3020 Box 420235**

LUCY, 32, blonde, tall and slim, looking for a casual fling, nothing serious. Discretion needed and assured. **Tel No: 0906 515 4426 Box No: 420237**

CHLOE, pretty brunette, 30yrs good job but lacking male with a naughty side, is that you, age unimportant. **Text only to Mailbox No: 4057558**

DIANE successful feisty business women, confident, fun, chatty, positive, social with everything but that special someone in her life and WLTM him. ACA. **Tel No: 0906 515 4426 Box No: 420001**

ELAINE, 51, new to this, free spirited petite blonde, feminine and all women, seeks romantic male who enjoys good times, fun and passion. **Tel No: 0906 515 4426 Box No: 419849**

DENISE attractive 30's female, sincere warm-hearted romantic, looking for male to enjoy pamper treats, hotel retreats and lots lots more! **Tel No: 0906 515 4426 Box No: 419837**

LOVING, caring, black professional female, late 40's, WLTM a professional, caring, N/S male, 41-52, 5ft 10ins plus with Christian values for LTR. **Tel No: 0906 515 4426 Box No: 119332**

JENNY, 65, likes fishing and camping, seaside, gardening, animals, looking for a male between 55-80, in Milton Keynes or surrounding areas. **Tel No: 0906 515 4426 Box No: 419553**

TANNED toned red haired temptress. Now I have your attention! If you are a little bit naughty looking for someone very nice, call me. **Tel No: 0906 515 4426 Box No: 419611**

JENNY 56, seeking male for friendship, maybe more. **Tel No: 0906 515 4426 Box No: 418437**

SARAH, 37, beautiful broadminded female, seeks similar open-minded hunky guy for fun/ friendship. **Tel No: 0906 515 4426 Box No: 418167**

DIANE 37, romantic, sentimental, loves to be pampered, WLTM similar gent for mutual spoiling with lots of TLC. **Tel No: 0906 515 4426 Box No: 419819**

CARING, loving, friendly, sincere female with a GSOH, seeks a genuine male 60-70, for friendship and long-term relationship. **Tel No: 0906 515 4426 Box No: 419805**

CARING, loving, good to be with female, enjoys swimming, walking my dog, having fun, good sense of humour seeks similar male. **Text only to Mailbox no: 5063098**

LORRAINE single mum new to the area starting again, OHAC, GSOH, WLTM nice guy to cuddle up with and appreciate, maybe more. Single dad welcome. **Tel No: 0906 515 4426 Box No: 419415**

ANN 40's female looking for male for broadminded adult fun, no strings. **Tel No: 0906 515 4426 Box No: 412369**

LIKE uniforms? Sexy, foxy nurse, green eyes, up for anything seeks naughty, imaginative, laid back guy to get to know. **Tel No: 0906 515 4426 Box No: 419577**

ANN 40's female looking for male for broadminded adult fun, no strings. **Tel No: 0906 515 4426 Box No: 412369**

CLAIRE young 39, beautiful slim blonde, fun loving and sensual seeks similar spontaneous male for fun, excitement, maybe more. **Tel No: 0906 515 4426 Box No: 419613**

LOVING, caring, black professional female, late 40's, WLTM a professional, caring, N/S male, 41-52, 5ft 10ins plus with Christian values for LTR. **Tel No: 0906 515 4426 Box No: 119332**

BECKY 23, classy blonde, long blonde hair, blue eyes seeks loving older guy to spoil and pamper her. Discretion assured/guaranteed. **Tel No: 0906 515 4426 Box No: 416233**

SUE, lovely sensual brunette, young 50, seeks adventurous, fun loving, tactile younger male who thinks he can keep up. **Tel No: 0906 515 4426 Box No: 419381**

DEBRA, tall busty female, endless legs, enjoys wild side of life, seeks confident male to try new things with. **Tel No: 0906 515 4426 Box No: 419379**

LIBBY 36, newly single, no hang-ups, WLTM outgoing male to wine/dine and forever be mine. Don't miss out! Call me. **Tel No: 0906 515 4426 Box No: 419215**

male seeking

REMEMBER: Calls cost £1.55 per minute plus your phone company's access charge. Texts cost £1.50 per message received.

IAN, 51, considered handsome, ex police, OHAC, enjoys karate, music, museums and art galleries, looking for an attractive caring, female to develop a friendship, possibly leading to more. **Tel No: 0906 515 4426 Box No: 420241**

WILLIAM, 68, n/s, GSOH, own flat, WLTM a nice lady with a GSOH to have fun with. To be a friend and a lover, and to be with for the rest of days. **Tel No: 0906 515 4426 Box No: 420181**

GENUINE, honest male, 45, wants to find his one true love, seeks lady 30-55, for relationship, must be in the Newbury area. **Tel No: 0906 515 4426 Box No: 419893**

BLACK guy, 47, 6"tall, slim and attractive seeks a large built black or white lady 38 to 55 years old. **Tel No: 0906 515 4426 Box No: 418745**

MALE, 59, xx large build, kind, caring honest, GSOH, has car and bungalow, looking for someone loving and caring, to be there for the good times and the bad times, for friendship and more. **Tel No: 0906 515 4426 Box No: 419587**

MALE, 43, married, athletic, WLTM discreet female, age unimportant, for no-strings daytime companionship. **Tel No: 0906 515 4426 Box No: 420251**

DAVID, 39yrs, divorced with no ties, lovely flat in spain, seeks travel companion, single mums welcome. **Text only to Mailbox No: 4112425**

JOHN, six foot one, 67, own home, WLTM a lady for friendship and maybe romance. Can accommodate. **Tel No: 0906 515 4426 Box No: 419687**

SINCERE male, 45, seeks his soul mate, 30-55, for relationship. Must be Newbury area. **Tel No: 0906 515 4426 Box No: 420137**

JASON 42, self-employed, 6ft 2ins, attractive, toned, firm, athletic, seeks daytime discreet meets with passionate fun female up to 59. **Tel No: 0906 515 4426 Box No: 413331**

MALE 66, fun loving, seeks female, any age, for friendship, romance and good times. **Tel No: 0906 515 4426 Box No: 419055**

48YR old white gent, seeks black lady for LTR. Any age/looks, must be genuine. **Tel No: 0906 515 4426 Box No: 390139**

DAVID, 62 year old male, I'm genuine and sincere, I'm easygoing with a good sense of humour, animal lover. I'm seeking a well-built female age or looks not important but with a kind and caring personality for friendship and maybe more. **Tel No: 0906 515 4426 Box No: 418643**

57YR old white gent, seeks lady for LTR. Age/looks/nationality unimportant, must be genuine and sincere. **Tel No: 0906 515 4426 Box No: 411467**

WHITE gent 50, seeks black/Asian female for LTR, must be genuine and sincere. Age/looks unimportant. **Tel No: 0906 515 4426 Box No: 398563**

MALE 56, young outlook, smart, tall, brown hair, blue eyes, OHAC, GSOH, seeks attractive female to spoil. **Tel No: 0906 515 4426 Box No: 250044**

STEWART 47, fit, muscular, looking for no strings adult fun, any age, must be discreet. **Tel No: 0906 515 4426 Box No: 416279**

40+, 6'1 tall, black man, has a job, rents a nice house, looking for a decent curvy woman aged between 30 and 40. **Text only to Mailbox no: 4919402**

WHITE male, 50, seeks genuine, loyal, sincere black female for LTR. **Tel No: 0906 515 4426 Box No: 413261**

JAMES single dad, fun to be around with, needs a smile put back on my face, would love to hear back from anybody who may be interested in some fun times! **Tel No: 0906 515 4426 Box No: 419121**

REMEMBER: Calls cost £1.55 per minute plus your phone company's access charge. Texts cost £1.50 per message received.

PETE 55, seeking a mature lady 50 to 70 for fun times , nights out and long term relationship. **Text only to Mailbox No: 4182814**

GENUINE honest guy, 5ft 8ins, medium build, short hair, not bad looking, seeks female, 50-60, slim-medium build with GSOH, genuine and kind. **Tel No: 0906 515 4426 Box No: 359453**

DAVE 50's, occasional smoker/drinker, honest, open minded, seeking charming lady to put the love back into life. **Tel No: 0906 515 4426 Box No: 416825**

67YR old male, active, fit, likes outdoor life, seeking lady soul mate, 55-65, slim, attractive for friendship, maybe more. **Tel No: 0906 515 4426 Box No: 418097**

MALE seeking a widow 60+ for long term relationship, nights out and fun times. I am late 50's, active and professional. **Text only to Mailbox No: 4879848**

SINGLE white male, 50, seeks genuine, sincere, black/Asian female for LTR, age unimportant. **Tel No: 0906 515 4426 Box No: 398569**

JOHN, young looking, world travelled kind and vibrant guy seeks NSA casual fun. Not hung up on a womans looks, size. **Text only to Mailbox No: 4844839**

gay seeking

REMEMBER: Calls cost £1.55 per minute plus your phone company's access charge. Texts cost £1.50 per message received.

GAY male 54 years old, seeks gay male 40 to 42 years old for 121 long lasting relationship. **Text only to Mailbox No: 4732986**

MUSCULAR bi guy requires daytime meets with MK guy, cannot accommodate. **Tel No: 0906 515 4426 Box No: 418149**

MATURE gay male, disabled, seeking companionship, romance, friendship, age and looks unimportant. **Text Only Mailbox Box No: 4635193**

EDWARD, 68, six foot one, WLTM a guy, can accommodate. **Tel No: 0906 515 4426 Box No: 420145**

GAY male, tall, slim, smooth, seeks gay male 50-70 for lots of fun. **Tel No: 0906 515 4426 Box No: 419495**

MUSCULAR bi guy seeks Milton Keynes guy for weekdays fun. Milton Keynes only. **Tel No: 0906 515 4426 Box No: 419119**

ADULTS ONLY
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MKNEWS

Ocean Cruising

Majestic Fjordland Cruise

Sailing from Tilbury on board Magellan, departing 27 July 2016

This summertime sailing to glorious Western Norway includes a quartet of exquisite fjords, with opportunities to go ashore to explore the stunning hinterland at its very best, as well as a day in historic Bergen, the colourful 'Fjordland Gateway' that is always a highlight of a visit to this breath-taking region.

Following a day at sea, the Norwegian odyssey begins a cruise through majestic Hardangerfjord to Eidfjord, where there's the chance to join a shore excursion. A a call in remote Flåm, on mighty Sognefjord, brings the chance to board the world famous Flåmsbana Mountain Railway for its stunning journey to Myrdal. . Idyllic Hellesylt and Geiranger, and a last call in Bergen, where there's the chance to stroll through the ancient Bryggen area and perhaps take in the view from the summit of 'Mount' Fløyen, complete the voyage.

Our price includes

- Cruise the length of stunning Hardangerfjord over 100km into the Norwegian interior, calling at Eidfjord
- Flåm lies at the head of mighty Sognefjord
- Hellesylt and Geiranger are beguiling fjordland villages
- Visit Bergen, ancient trading city and 'Gateway to the Fjords'
- Traditional British & International cuisine, stylish entertainment, guest lecturers & on-board leisure facilities
- Seven nights' full board accommodation on board Magellan

*Book by 31 March 2016. Offer subject to availability & may be withdrawn at any time. Price shown is the new reduced fare.

Land of the Northern Lights Cruise

Sailing from Tilbury on board Marco Polo, departing 16 February 2017

Join Marco Polo on a classic voyage north in search of celestial wonders of the Aurora Borealis, calling at some stunning ports along the beautiful fjord- and island-dotted coast of Western Norway, and heading beyond the Arctic Circle to within a short distance of the very tip of Europe.

After a call in colourful Amsterdam, Marco Polo sails towards the idyllic fjord- and glacier-dotted coast of Western Norway, with calls in Ålesund, Arctic city Tromsø and an overnight stay in port-resort Alta bringing opportunities for some exploration and discovery ashore. The journey north to Honnningsvåg brings increasing chances of seeing the Aurora in the heavens, then returning south, you'll call at the remote and dramatic Vesterålen Isles and cruise spectacularly scenic Romsdalfjord to Andalsnes, before the voyage is completed with a day in historic Bergen, the charming 'Gateway to the Fjords'.

Our price includes

- Enjoy a day in Amsterdam
- Ålesund, with its Art Deco houses
- View the Svartisen Glacier
- Tromsø, home to Norway's 'Arctic Cathedral'
- A call in Alta
- Remote Honningsvåg
- View the stunning Aurora Borealis
- Call in Åndalsnes on beautiful Romsdalfjord
- Historic Bergen, 'Gateway to the Fjords'
- Traditional British & International cuisine, stylish entertainment, guest lecturers & on-board leisure facilities
- 14 nights' full board accommodation on board Marco Polo

Baltic Cities & St Petersburg Cruise

Sailing from Tilbury on board Marco Polo, departing 2 May 2016

This classic 'northern waters' cruise features some fascinating ports of call, including medieval Tallinn, Tsarist St Petersburg and a trio of stylish Scandinavian cities. A passage through the Kiel Canal and the opportunity to join an excursion to reunified Berlin from Warnemünde complete the voyage.

Elegant Marco Polo makes her through the waters of Skagerrak to the stylish Danish city Aalborg, with its old town and castle. Calls in Warnemünde and majestic Tallinn, overlooked by Toompea Castle, are followed by the two-day visit to gilded 'St Pete's', where highlights might include the extraordinary Hermitage and the glorious Summer Palace at Peterhof. Turning for home, Marco Polo calls into elegant Helsinki and Swedish Nynäshamn, for the chance to visit delightful Stockholm, before the Kiel Canal brings her back into the North Sea.

Our price includes

- North Jutland's Aalborg is a marvellous Danish port of call
- Take the shore excursion, from Warnemünde, to Berlin
- Discover Tallinn, capital of Estonia
- Enjoy cruising in the Baltic's clear light
- Spend two days in St Petersburg
- Finnish capital Helsinki
- Take an excursion to Stockholm
- Wake early to catch Marco Polo's transit through the Kiel Canal
- Traditional British & International cuisine, stylish entertainment, guest lecturers & on-board leisure facilities
- 12 nights' full board accommodation on board Marco Polo

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The Ford C-MAX is still a class act – Page 61

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Car Launches In 2015

Car launches during 2015 included Ford's heavily revised C-MAX range and all-new versions of their large Galaxy and S-MAX people carriers. Volkswagen too introduced an all-new Touran model and a revised version of its larger Sharan people carrier.

Rivals Vauxhall, meanwhile, launched their VIVA citycar and seventh-generation Astra family hatchback. Could this finally be the model to challenge the Ford Focus at the top of the sales charts?

The prospects for it look quite good, with extra technology and much greater efficiency from an impressive range of engines.

Fiat UK's resurgence saw the launch of the 500X small crossover and a heavily revised version of their cute 500 citycar. Associated brand, Jeep, launched its first compact SUV with the release of its Renegade, based on the Fiat 500X. If you need something bigger than that, then the BMW MINI brand will be hoping to tempt you with the latest second generation Clubman model, essentially a MINI estate. This time, it's based on a BMW and has five proper doors and a much stronger range of engines.

Skoda released its impressive new third generation Superb model, offered in both saloon and estate guises. It goes up against cars like Toyota's much improved Avensis. The Japanese brand has also just heavily revised its Auris family hatch too.

SEAT's big news meanwhile, is a much improved version of their Ibiza supermini. One of its key rivals has also been much improved too, Peugeot's 208. Renault, meanwhile, released its first ever entrant in the family-sized Crossover segment, the Qashqai-sized Kadjar model. It'll have plenty of competition, including cars like Mitsubishi's revised ASX, with its more efficient new 1.6-litre Di-D engine. Hyundai's new Tucson also wants a slice of this market sector. As does Subaru's improved XV with its much smarter interior.

If you like the idea of a Crossover but want something a little smaller, then you've a huge choice of models to consider. This year, we've seen the launch of Mazda's CX-3, SsangYong's Tivoli and that Fiat 500X mentioned earlier. Now Honda has weighed into this segment with its smartly-turned-out HR-V model. The Japanese brand also launched its third generation Jazz supermini.

Audi's range continues to expand with the all-new second generation version of their Q7 large 7-seat luxury SUV, which goes into battle directly against Volvo's recently-launched XC90.

Rivals BMW launched the heavily-revised version of their strong-selling 3 Series model, plus an all-new version of their entry-level SUV, the X1. Mercedes have plenty of new models too. The brand has revised it's A-Class premium compact hatch along with its first car in the compact SUV sector – the GLC-Class, which goes up against models like BMW's X3 and the Range Rover Evoque. The Stuttgart brand has replaced its larger SUV, the M-Class, with a sleeker GLE-Class model, which also spawned a GLE-Class Coupe derivative to go up against BMW's new second generation X6. Mercedes also has its all-new V-Class large MPV for families. Land Rover released its new Discovery Sport to much acclaim.

Jaguar meanwhile, brought its eagerly awaited BMW 3 Series-sized XE model to market. Now, it's introduced its 5 Series-sized second generation XF saloon. The F-Pace luxury Crossover model will follow early next year and there's also an improved version of the XJ luxury saloon in the showrooms too.

If you're looking for an affordable little roadster, then you're in luck for Mazda's new generation MX-5 is now with us. It's lighter, smarter, better built and more efficient – but just as much fun as ever. Old-school fun meanwhile, is promised by the Ford Mustang, over here in proper righthand drive form for the very first time.

If you need something more practical, then you may well need a hot hatch. And one of the very best is the latest Honda Civic Type-R. If you can afford something even faster, then choose between the latest Audi RS3 and the revised and now even faster Mercedes-AMG A45 4MATIC. Or wait for the desirable Ford Focus RS. All three are astonishingly quick.

Overall, it's hard to remember when there was a wider choice of new models. Research your chosen car carefully, make time for more than the odd test drive and enjoy the buying process next year.

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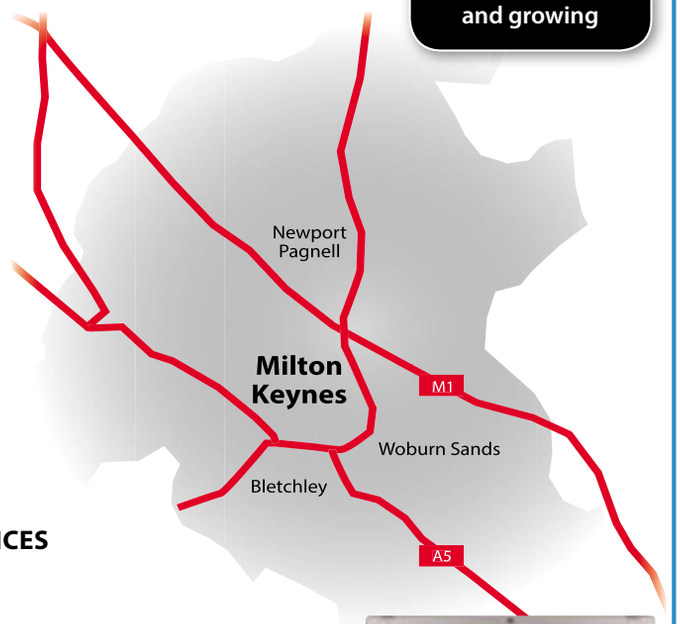

OneMK on the road

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Ford C-MAX

THREE MAX

The Ford C-MAX compact MPV has been treated to a wash and brush up. Cleaner styling and engines are a big draw, with the introduction of a Focus-style dashboard and a 1.5-litre diesel powerplant that'll be the big seller here in the UK. Refinement has been improved and there are a stack of high-tech options to consider.

The C-MAX was always an easy pick for anyone who enjoyed driving. It was by far the best car in its class when showed a B-road. Now that the Golf SV is around, that superiority is no longer quite so cut and dried, but it's still a class act. Particular attention this time round has been paid to improving refinement. Noise, vibration and harshness have been improved through the use of thicker side glass and more absorbent seals around the tailgate and rear view mirror. The engine bay heat shield has been filled with acoustic damping material to reduce powertrain noise and diesel variants are equipped with extra acoustic seals to further reduce noise intrusion. A re-tuned dual mass flywheel helps to reduce shaking forces when the engine is under load, while revised engine mounts offer improved refinement during Auto-Start-Stop operation.

The star of the engine line-up is the 120PS 1.5-litre TDCi diesel engine, seen for the first time in the C-MAX, replacing the old 1.6-litre unit. Power goes up by five per cent while emissions drop by six points. There are also the multi-award winning 1.0-litre EcoBoost petrol engines, offered once again in 100 and 125PS outputs. The big capacity diesel in the range is a revised 2.0-litre 150PS unit.

The design of this C-MAX is evolutionary, with many of the details being brought up to date to reflect contemporary Ford thinking. The dynamic styling delivers a stronger, sleeker front end, featuring Ford's distinctive inverted trapezoidal grille. The washer jets have been hidden underneath the windscreen to give a cleaner look while the tailgate has been given a smoother and more sophisticated one-piece appearance.

Inside, you'll find a dash that's a lot less fussy than the previous model, reflecting the customer-led design refinements that have already been executed on the Focus. There are fewer controls and switches, while the new black satin trim and chrome detailing contributes to a cleaner look. Functions are simpler to use, such as the air-conditioning controls that now feature buttons that are easier to recognise and distinguish from each other. Practicality improves too, with a redesigned centre storage console. The seats still tumble down individually in one motion to create a flat floor, with over 470-litres of space with all five seats in place.

In truth, Ford didn't need to do a whole lot to the C-MAX to keep it right at the head of the pack. The improvements to the interior and the big efficiency gains leveraged by the 2.0-litre diesel, as well as the introduction of the 1.5-litre diesel, are all worthy updates but the overall look, feel and appeal of the C-MAX hasn't been markedly altered.

Still, the arrival of new entrants into this market, most notably the Volkswagen Golf SV, means that if Ford had been content to rest on its laurels it could well have seen the C-MAX rapidly slip from grace. As it stands, this much improved second generation car looks to have what it takes to keep its rivals on its toes for some time yet. The more some things change, the more they stay the same.

FACTS AT A GLANCE

CAR: Ford C-MAX range
PRICES: £18,195 - £26,145 - on the road
INSURANCE GROUPS: 11E-20E
CO2 EMISSIONS: 99-149 g/km
PERFORMANCE: [1.0 125] Max Speed 116mph / 0-62mph 11.4s
FUEL CONSUMPTION: [1.0 125] (combined) 55.4mpg
STANDARD SAFETY FEATURES: Anti-lock brakes with brake assist and electronic brakeforce distribution, stability control, twin front, side and curtain airbags
WILL IT FIT IN YOUR GARAGE?: Length/Width/Height 4856/1864/1477mm
WHO TO SEE:

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on the road

Ford Commercial Sales Sail Through 100,000 for 2015

Ford has sold more than 100,000 commercial vehicles (CV) for the year-to-date, the first time sales have passed six figures in a full year since 1989. Ford CV sales for November were at the highest-ever level for more than 25 years, and more than double those of its nearest rival. Ford is on track to record its highest-ever commercial vehicle sales volume for 2015, following a record year in 1989 at 104,721 sales. 2015 marks the Ford Transit's 50th year of market leadership, and the first full year of sales for the expanded Ford Transit range since the Transit Courier was launched in mid-2014.

Five Stars For Mercedes-Benz GLC

The Mercedes-Benz GLC has achieved the top score in the Euro NCAP rating. The new mid-size SUV has received five stars, continuing the Mercedes-Benz success story in impressive style. The GLC has achieved five stars for occupant safety, child safety, pedestrian protection and its assistance systems – giving it the maximum score in the Euro NCAP rating. The basis for this outstanding result is the perfect interaction between active and

passive safety: the combination of a highly rigid safety passenger cell, highly effective restraint systems, the latest driver assistance systems and other measures leads to first-class test results.

JAGUAR LAND ROVER CONFIRMS NEW SLOVAKIAN FACTORY

Jaguar Land Rover has confirmed that it will be the first British carmaker to open a manufacturing facility in Slovakia. The announcement follows an agreement between the company and the Government of the Slovak Republic to build a new plant in the city of Nitra. The new world-class £1 billion premium manufacturing facility will eventually employ around 2,800 people. The announcement follows Jaguar Land Rover's recent confirmation to double its investment in its engine plant in the UK to almost £1 billion – the largest injection into a new British manufacturing plant in decades creating several hundred new jobs

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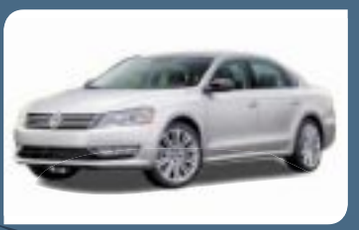

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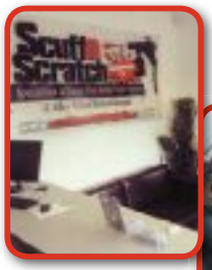

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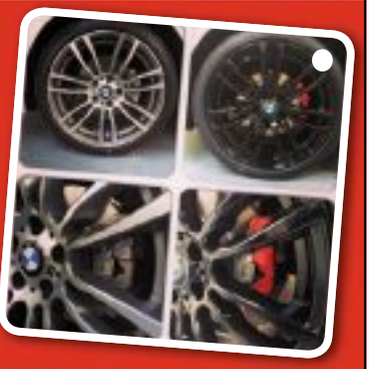

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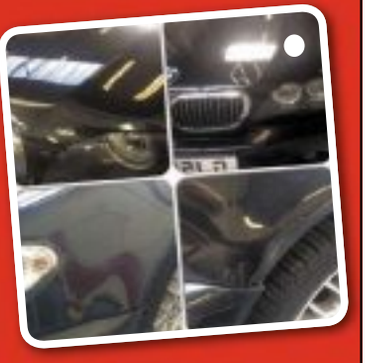

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on the road

New Mitsubishi L200 What Van? Magazine's Big Winner

The Mitsubishi L200 is the 2016 What Van? Light Commercial Vehicle of the Year. The award, from the UK's leading LCV magazine, rewards the new pick-up's massive improvement in interior quality, drive and, crucially for light commercial vehicle operators, efficiency. Mitsubishi collected the coveted trophy at the exclusive What Van? Awards luncheon, held in partnership with fuel card giant Allstar at The Brewery in London on Tuesday 15 December. The L200 also collected the Pick-up of the Year award, while Mitsubishi completed a hat-trick with the Outlander 4Work PHEV winning the What Van? Green Award.

The New SLC – New Name, New Dynamic

In March 2016, 20 years on from the birth of its segment, the archetypal compact roadster is to be relaunched with a new name – SLC – significantly optimised technology and an enhanced look. The name change acknowledges the traditionally close relationship with the C-Class, from which much of the roadster's technology is derived. There are new additions to the model line-up – the sporty top-of-the-line Mercedes-AMG SLC 43 and the entry-level SLC 180. In visual terms, stand-out features include the standard-fit diamond radiator grille and the LED Intelligent Light System (optional extra). Prices will be announced when the SLC is available to order in mid-January 2016, with first cars arriving in showrooms from April 2016.

Hyundai Motor's New Alternative-Fuel Ioniq

A new rendering of Hyundai Motor's all-new IONIQ hints at how the innovative, alternative-fuel compact vehicle, which is due for launch in early 2016, will combine head-turning good looks with class-leading aerodynamic performance. Hyundai Motor has confirmed that the IONIQ will be the world's first car to offer a choice of three efficient and ultra-low-emission powertrains: full electric, plug-in gasoline / electric hybrid, or gasoline / electric hybrid. With a sleek, coupe-like silhouette and numerous eye-catching details, its confident design is a match for its bold environmental credentials

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Peugeot 206	175/70 R13	£36.30	£33.50
Ford Focus	195/60 R15	£35.10	£50.00
Volkswagen Golf	195/65 R15	£35.46	£40.86
Vauxhall Astra	195/65 R15	£35.46	£40.86
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ICE HOCKEY

Fightback at Steeldogs makes up for Tigers loss

BY PAUL BROOKMAN
editor@mk-news.co.uk

MK LIGHTNING staged a dramatic fightback to come from two goals behind to win 3-2 in overtime at Sheffield Steeldogs on Sunday.

With more than half the match played, Steeldogs looked set to hold on for victory when Lewis Christie set up Bobby Chamberlain to claw a goal back after 35 minutes after Lightning showed an improvement on a first period in which they conceded twice within the first 17 minutes.

It went some way to making up for the disappointment of the New Year's Day 3-0 loss at home to Telford Tigers.

That was the second successive win for the Shropshire outfit against Pete Russell's men and the second time this season they have shut the side out.

At Sheffield, netminder Dalibor Sedlar performed heroics to keep the home side in front by the odd goal at the second break but his resistance was broken for the equaliser on 47 minutes, with Markku Tahtinen and Jordan Cownie having a hand in Frankie Bakrlik's leveller.

Lightning started the match minus the previous evening's man of the match Martti Jarventie and forward Grant McPherson, who had not iced in the latter part of the Telford encounter following a fight.

That meant Ross Green slotted in at the back while Glenn Billing joined Adam Carr and Jack Watkins on a forward line.

Lightning continue their campaign with a tie against Bracknell Bees at home this Saturday, before they travel to local rivals Peterborough Phantoms on Sunday.

Lightning are third in the table, one point behind Phantoms.

Disappointing: MK Lightning lost 3-0 to Telford Tigers on New Year's Day Pic by Tony Sargant

FIXTURES

SAT NORTHAMPTON (A) FAC3
TUES BURNLEY (H)
JAN 16 READING (H)
JAN 23 BOLTON (A)
JAN 30 MIDDLESBROUGH (H)

CHAMPIONSHIP TABLE

		Home					Away						
	Team	P	W	D	L	F	A	W	D	L	F	A	GD	PTS
1	Middlesbro'	24	10	2	1	20	2	6	2	3	16	10	24	52
2	Derby	25	7	4	1	23	8	6	5	2	14	9	20	48
3	Hull	25	9	2	1	22	6	5	3	5	14	12	18	47
4	Brighton	25	8	2	3	15	12	3	9	0	16	13	6	44
5	Burnley	25	8	3	2	25	11	3	6	3	9	12	11	42
6	Ipswich	25	4	5	3	15	13	7	3	3	19	17	4	41
7	Sheff Wed	25	7	4	1	22	10	3	5	5	14	18	8	39
8	Birmingham	25	6	2	5	13	14	5	4	3	17	13	3	39
9	Cardiff	25	7	5	1	19	11	2	5	5	11	15	4	37
10	Brentford	25	6	2	4	17	16	4	4	5	20	19	2	36
11	Wolves	25	3	5	4	13	14	6	2	5	19	18	0	34
12	Reading	25	6	4	3	16	9	3	2	7	14	19	2	33
13	Leeds	25	3	5	5	11	15	4	6	2	15	13	-2	32
14	Notts Forest	25	5	4	3	16	11	2	6	5	9	13	1	31
15	Preston	25	4	6	3	11	10	3	4	5	10	12	-1	31
16	QPR	25	4	7	2	21	16	3	2	7	9	17	-3	30
17	Blackburn	24	3	6	2	11	7	3	4	6	11	14	1	28
18	Huddersfield	25	4	3	5	16	15	3	4	6	14	21	-6	28
19	Fulham	25	4	4	5	23	22	2	5	5	17	21	-3	27
20	DONS	25	5	1	6	12	14	1	4	8	9	19	-12	23
21	Rotherham	25	4	2	6	19	20	2	1	10	11	24	-14	21
22	Bristol City	25	2	5	5	13	20	2	4	7	9	24	-22	21
23	Charlton	25	3	5	5	14	21	1	3	8	7	21	-21	20
24	Bolton	25	2	8	3	12	14	0	3	9	7	25	-20	17

DONS COLUMN

James Reeve posts his Cowshed Commentaries blog on our website. You can get involved at onemk.co.uk

IT'S the New Year, the mid-season transfer window is open and clubs are preparing for the daunting second half of their campaigns.

It is important to kick-start the New Year with a positive result and for MK Dons, that's what they did.

A 1-1 draw away to Leeds United is a positive result, with the visitors deserving a win.

But the draw, coupled with the teams below them suffering defeats, has seen the Dons increase their distance from the relegation zone to two points.

The draw itself highlighted the ability Dons have and how they are more than capable of competing with clubs further up the Championship, but it's been their recent form that has seen the club cement belief in the minds of fans that avoiding relegation is achievable.

Over their last five matches Dons have picked up two wins, a draw and two losses. That's seven points out of 15 and is more than what the club were managing in previous months.

Dons have picked up points on teams challenging in the top-half of the table and the 1-1 draw with Leeds rounded off what is arguably Dons' most successful period this season.

Losses to Nottingham Forest (14th) and Birmingham City (8th) were disappointing, but the performances Karl Robinson's men had during those matches has shown fans that Dons are fighting and will do anything in their power to avoid the drop.

With results such as the ones seen recently, there is much hope for the future of the boys from MK1.

We take a look back at Dons' 2015

JANUARY

The year started off with the FA Cup second round replay against Chesterfield which they lost 1-0.

Off the field Benik Afobe left the club for Wolves and Dele Alli signed for Tottenham Hotspur in a £5million deal that would see him loaned back to Dons for the remainder of the 2014-15 season.

Dons beat Sheffield United 1-0 thanks to Carl Baker, and the month ended with a wonderful 5-0 win at Crewe Alexandra.

FEBRUARY

A 0-0 draw at Bristol City represented an excellent result. The highlight of the month was the crushing 3-0 victory over Peterborough United as the visiting fans booed manager Darren Ferguson.

MARCH

The low point of the season was the 2-0 defeat at home to fellow promotion candidates Preston North End. But a 1-1 draw at Walsall kick-started their unbelievable end to the season, with Oldham Athletic and Notts County put to the sword.

APRIL

There were seven games in April, and Dons won six. They comfortably beat Swindon Town 3-0 in front of the Sky cameras, while other victories included a 3-0 success at Fleetwood Town and a 6-1 demolition of Leyton Orient.

MAY

Dons beat Yeovil Town 5-1 and Preston North End lost at Colchester United to give Dons promotion to the Championship for the first time in the club's history.

AUGUST

Dons began Championship life with a convincing 4-1 win at Rotherham United and they also beat Bolton Wanderers 1-0, while a draw at Reading gave Dons seven points from August.

SEPTEMBER

Dons lost all five games against Middlesbrough, Derby County, Burnley, Leeds United and Southampton.

OCTOBER

Daniel Powell's late equaliser gave Dons a point at Bristol City and they also beat Blackburn Rovers 3-0 at home.

NOVEMBER

An absolutely vital 1-0 win over Charlton Athletic helped keep Dons out of the bottom three, and there were also draws against Fulham and Wolves.

DECEMBER

After the dreadful 2-0 loss at Brentford, Dons chalked up two very important home wins against Sheffield Wednesday and Cardiff City, before losing their last game of 2015 at Birmingham City.

MKSPORT

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Catch up on the latest from James Reeve – page 67

Benavente and Poyet out as winter window opens

BY CHRIS KNIGHT
editor@mk-news.co.uk

MK DONS have released former Real Madrid winger Cristian Benavente with immediate effect, days after confirming Diego Poyet's season-long loan had been cut short.

The departure of the 21-year-old Peruvian, who made five appearances for the club after joining in July along with Real Madrid Castilla captain Sergio Aguza, frees up more of the budget for other players to come to the club.

Manager Karl Robinson said: "Cristian was probably still four months away from having an impact in English football.

"He was meant to go on loan to get him ready for our first team, but the problem was nobody in England would touch him because he hadn't played here before. He does things in training which are phenomenal, but it is more about the here and now, and we have to get that right.

"The jump from where he was playing to the Championship was far too great, and hopefully his career will flourish as he is a talented young player."

Benavente was the second departure at stadiummk in a matter of days, after Poyet went back to West Ham United and was almost immediately loaned back out to former club Charlton Athletic on Monday.

The 20-year-old made 20 appearances for the Dons after joining in August, and Robinson admitted he did not want the midfielder to leave.

Robinson added: "I wanted him to stay and push Potter. But it was something Diego wanted to do and we were willing to back that.

"I understood he needed to play first team football and I'm in support of his decision – he is a great kid and a top footballer."

Dons travel to League Two high-flyers Northampton Town for their FA Cup third round clash on Saturday, having sold out their full allocation of 890 tickets.

Robinson's side, who currently lie 20th in the Championship table, will then host promotion-chasers Burnley at stadiummk on Tuesday night.

Double departure: Cristian Benavente and Diego Poyet, *inset*, have left MK Dons this week

Shock first round exit for MK's Sherrock

MK darts player Fallon Sherrock suffered a shock first round exit at the 2016 BDO Lakeside World Professional Championship.

Number two seed Sherrock, who was 5/2 second favourite to win the competition, lost 2-1 to Danish outsider Ann-Louise Peters, who cried tears of joy after the result.

Sherrock reached the final of last year's tournament, where she lost to Anastasia Dobromyslova, and she showed great character to win the second set after losing the first.

Sherrock won the Zuiderduin Masters last month in Holland and the 21-year-old will have many opportunities to return to Surrey to have another go at women's darts' greatest prize next year.

"Fallon is such a great player – she is so young and she has it all," Peters told the BBC after her win.

MMKAC have 14 athletes in the top 10 for their ages

MARSHALL Milton Keynes Athletics Club have 14 members in the UK top 10 for their ages.

Greg Rutherford tops the pile for long jump, while Chris Clarke is sixth in the men's 200m.

Rachel Gibbens is number eight pole vaulter, and in U23 men's, Freddie Curtis (number one, javelin), Jackson Curtis (number three javelin) and Chucko Cribb (number nine, triple jump) are up there. Kayleigh Presswell is number nine for U13 ladies hammer, Devon Byrne is number eight for pentathlon and Laura Zialor, Laeken Impey, Redford Curtis, Jonathan Pownall are in their U20 rankings. Ebony Carr is in the 100m and 200m top ten in U17s and U17 triple jumper Jamil Hassan is fifth.

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F5F301XA	Excel Level 3 - Pivot Tables and charts	Rivers Centre	19/03/2016	Sat	9:30	12:30	1 day	£21	£17	Summarise and analyse large amounts of data	
F5F304XA	e-bay - all you need to know about selling	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£42	£34	How to set up an account and sell safely	
F5F305XA	iCloud & iCloud Drive	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£42	£34	Learn how to use these Apple apps to maximise use of your iPad or iPhone	
F5F306XA	Excel Level 3 - Macros	Rivers Centre	19/03/2016	Sat	13:00	16:00	1 day	£21	£17	Automate your tasks by recording and running macros	
F5F307XA	Excel Level 3 - Advanced	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£42	£34	Advanced features including scenarios, templates and problem solving (goal seek, data validation)	
F5F308XA	Excel Level 3 - Formulae and Functions	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£42	£34	Functions such as logical and lookup, statistical	
F5F309XA	HTML Web Page Creation - an Introduction	Rivers Centre	16/01/2016	Sat	10:00	16:00	1 day	£42	£34	Learn what HTML is and decide if you want to use it to create your own web page	
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G5D301XA	Basic Barbering Techniques	Rivers Centre	14/01/2016	Th	10:00	12:00	6 wks	£88	£74	Clip and trim new styles for men. Includes the cost of training head	
G5A304CA	Cake Decorating - Sugar Paste	Stantonbury Campus	11/01/2016	Mo	19:00	21:00	10 wks	£113	£90	For learners moving on from Royal Icing	
G5C300CA	Baking - French Patisserie	Stantonbury Campus	18/01/2016	Mo	18:30	21:00	8 wks	£113	£90	Make traditional French pastries such as macaroons, mille feuille and croissants	
G5C302CA	Cookery - How to Cook the Basics	Stantonbury Campus	13/01/2016	We	19:00	21:00	5 wks	£57	£46	Soups, sauces, roasts, stews and pies; vary the basics to create everyday dishes	
G5C303CA	Cookery - Global Vegetarian	Stantonbury Campus	24/02/2016	We	19:00	21:00	5 wks	£57	£46	Enjoy cooking vegetarian dishes from around the world	
G5F300XA	Food Safety - Level 2 - CIEH	Rivers Centre	06/02/2016	Sat	9:30	17:00	1 day	£68	£54	Standard for anyone handling higher-risk foodstuffs on stalls, or in cafés	
G5F304XA	Cake Decorating - Sugar Flowers	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£42	£34	Roses and carnations to embellish your special occasion cakes	
G5F308XA	Cookery - Chocolate Easter Gifts	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£48	£40	Make an attractive Easter gift; fee includes basic materials	
H5B300XP	Yoga - Beginners	Rivers Centre	12/01/2016	Tu	19:00	20:00	10 wks	£57	£57	Explore the physical, mental and spritual benefits	
H5D301XP	Pilates - Beginners	Rivers Centre	21/01/2016	Th	10:00	11:00	8 wks	£45	£45	Explore flexiblity, strength and balance	
A5B303XA	Reflexology	Rivers Centre	19/01/2016	Tu	19:00	21:00	5 wks	£46	£46	A safe natural therapy which can revitalise you	
A5F301XA	Emergency First Aid at Work	Rivers Centre	04/03/2016	Fr	10:00	16:00	1 day	£38	£38	You will receive a certificate and manual upon successful completion	
A5F300XA	Indian Head Massage	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£34	£34	Massage techniques for face, head, neck, shoulders and upper arms	
A5F303XA	Indian Head Massage - Next Steps	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£34	£34	Massage techniques for face, head, neck, shoulders and upper arms	
C5F300XA	Floral Design - Spring/Easter	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£34	£34	Celebrate the arrival of Spring with inspiring ideas for floral display	
C5F301XA	Floral Design - Bridal Flowers	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£34	£34	Create floral arrangements, bouquets and buttonholes for that special day	
D5F300XA	Cycle Maintenance	Cycle Saviours	30/01/2016	Sat	10:00	16:00	1 day	£34	£34	Learn how to carry out the practical basics of cycle maintenance	
D5F301XA	Cycle Maintenance	Cycle Saviours	19/03/2016	Sat	10:00	16:00	1 day	£34	£34	Learn how to carry out the practical basics of cycle maintenance	
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CREATIVE WRITING											
J5B313WA	Creative Writing - Novel Writing - Improvers	MK Academy	19/01/2016	Tu	19:00	21:30	6 wks	£85	£68	How to structure, plan and write for a range of genres and audiences	
J5F314XA	Creative Writing - Screen Writing - an Introduction	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£42	£34	Insights into plot construction and characterisation	
Code	**Title**	**Venue**	**Start date**	**Day**	**Start time**	**End time**	**Length**	**Fee**	**Concessions**	**Course description**	
DANCE AND MUSIC											
J5A340CA	Dance - Ballroom & Latin American - Absolute Beginners	Stantonbury Campus	11/01/2016	Mo	19:00	20:00	10 wks	£57	£46	Tango, waltz or cha-cha-cha - the choice is yours	
J5A341CA	Dance - Ballroom & Latin American - Improvers	Stantonbury Campus	11/01/2016	Mo	20:15	21:15	10 wks	£57	£46	Move on from beginners to learn new dances and improve your technique	
J5C319XA	Dance - Ballet - Improvers	Rivers Centre	06/01/2016	We	20:45	21:45	11 wks	£62	£50	For learners moving on from Ballet - Beginners	
J5C320XA	Dance - Tap - Beginners Plus	Rivers Centre	06/01/2016	We	18:15	19:15	11 wks	£62	£50	For learners who have a little tap knowledge and those moving on from Tap - Absolute beginners	
J5C321XA	Dance - Tap - Intermediate	Rivers Centre	06/01/2016	We	19:30	20:30	11 wks	£62	£50	For learners moving on from Tap Improvers	
J5D322XA	Dance - Ballet - Beginners	Rivers Centre	07/01/2016	Th	18:15	19:15	11 wks	£62	£50	Basic barre work for beginners or those who haven't practised since childhood	
J5D323XA	Dance - Tap - Advanced	Rivers Centre	07/01/2016	Th	20:45	21:45	11 wks	£62	£50	For learners moving on from Tap Intermediate	
J5D324XA	Dance - Tap - Improvers	Rivers Centre	07/01/2016	Th	19:30	20:30	11 wks	£62	£50	For learners moving on from Tap Beginners	
J5B335XA	Acoustic Guitar - Improvers	Rivers Centre	12/01/2016	Tu	19:00	21:00	10 wks	£113	£90	Develop and consolidate your skills and learn some more complex tunes; for learners with a little experience	
J5F309XA	Singing - Use Your Voice	Rivers Centre	14/03/2016	Sat	10:00	16:00	1 day	£42	£34	Come and sing some show tunes in a relaxed and friendly group.	

Code	Title	Venue	Start date	Day	Start time	End time	Length	Fee	Concessions	Course description	
FASHION and TEXTILES											
J5A310CA	Dressmaking Improvers	Stantonbury Campus	11/01/2016	Mo	19:00	21:00	10 wks	£113	£90	For confident sewers - adapt patterns for improved fit. You will need your own machine	
J5C308XA	Machine Embroidery - Improvers	Rivers Centre	13/01/2016	We	10:00	12:30	5 wks	£57	£46	Develop your skills in free motion machine stitchery	
J5C311CA	Dressmaking Beginners	Stantonbury Campus	13/01/2016	We	19:00	21:00	10 wks	£113	£90	Learn how to sew a simple garment using a commercial pattern. You will need your own machine	
J5D304XA	Machine Sewing - Absolute Beginners	Rivers Centre	14/01/2016	Th	10:00	12:00	5 wks	£57	£46	Simple practical or seasonal projects for those new to using a machine	
J5D305XA	Machine Sewing - Absolute Beginners	Rivers Centre	25/02/2016	Th	10:00	12:00	5 wks	£57	£46	Simple practical or seasonal projects for those new to using a machine	
J5F307XA	Creative Textiles - Indigo Dyeing & Shibori Workshop	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£42	£34	Knot, tie and dye to create unique fabric lengths for fashion or furnishing	
Code	**Title**	**Venue**	**Start date**	**Day**	**Start time**	**End time**	**Length**	**Fee**	**Concessions**	**Course description**	
LANGUAGES											Look out for our Languages events being held in Summer 2016!
M5B303WA	Italian - Moving on to Advanced	MK Academy	12/01/2016	Tu	19:00	21:00	10 wks	£113	£90	For learners who have completed Intermediate or GCSE levels in the recent past	
M5B304XA	Japanese - Advanced	Rivers Centre	12/01/2016	Tu	19:00	21:00	10 wks	£113	£90	For learners who have completed an Intermediate course in the recent past	
M5B308XA	French - Next Steps	Rivers Centre	23/02/2016	Tu	19:00	20:30	15 wks	£127	£102	For learners who have completed First Steps or equivalent	
M5B309XA	French - First Steps	Rivers Centre	12/01/2016	Tu	19:00	21:00	5 wks	£42	£34	Brush up your French for work or holiday	
M5C305XA	French - Intermediate	Rivers Centre	13/01/2016	We	10:00	12:00	10 wks	£113	£90	For learners who have completed 120 hours in the recent past	
M5A307XA	Italian - Intermediate	Rivers Centre	11/01/2016	Mo	19:00	21:00	10 wks	£113	£90	For learners who have completed 120 hours in the recent past	
M5B300WA	Spanish - Intermediate	MK Academy	12/01/2016	Tu	19:00	21:00	10 wks	£113	£90	A continuation course for those who have completed the first term of Improvers but newcomers are very welcome	
M5B302WA	Russian - Advanced	MK Academy	19/01/2016	Tu	19:00	21:00	10 wks	£113	£90	A continuation course for those who have reached A-Level standard and wish to improve their speaking and listening skill	

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Code	Title	Venue	Start date	Day	Start time	End time	Length	Fee	Concessions	Course Description
M5C306XA	German - Advanced	Rivers Centre	13/01/2016	We	19:00	21:00	10 wks	£113	£90	A continuation course for those who have completed the first term of Improvers but newcomers are very welcome
M5C307CA	Spanish - First Steps	Stantonbury Campus	13/01/2016	We	19:00	20:30	5 wks	£42	£34	For learners who have no knowledge of this language
M5C310CA	Spanish - Next Steps	Stantonbury Campus	24/02/2016	We	19:00	20:30	15 wks	£127	£102	For learners who have completed First Steps or equivalent
M5C311XA	French Improvers	Rivers Centre	13/01/2016	We	13:30	15:00	10 wks	£85	£68	For learners who have completed 40-60 hours in the recent past
M5D313XA	German - Intermediate	Rivers Centre	14/01/2016	Th	19:00	21:00	10 wks	£113	£90	For learners who have complete 40-60 hours in the recent past
M5F312XA	All Day Spanish - Absolute Beginners	Rivers Centre	30/01/2016	Sat	10:00	16:00	1 day	£42	£34	A day course in Spanish for absolute beginners
M5F313XA	All Day Italian - Absolute Beginners	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£42	£34	A day course in Italian for absolute beginners
M5F314XA	All Day Chinese - Absolute Beginners	Rivers Centre	30/01/2016	Sat	10:00	16:00	1 day	£42	£34	A day course in Mandarin Chinese for absolute beginners
M5F315XA	All Day French - Absolute Beginners	Rivers Centre	30/01/2016	Sat	10:00	16:00	1 day	£42	£34	Brush up your French for work or holiday
M5A144XA	British Sign Language - Next Steps	Rivers Centre	11/01/2016	Mo	19:00	20:30	15 wks	£127	£102	For learners who have completed First Steps or equivalent
M5B117WA	German - Next Steps	MK Academy	12/01/2016	Tu	19:00	20:30	15 wks	£127	£102	For learners who have completed First Steps or equivalent
M5B301XA	French - Advanced	Rivers Centre	12/01/2016	Tu	10:00	12:00	10 wks	£113	£90	For learners who have completed an Intermediate course in the recent past
Code	**Title**	**Venue**	**Start date**	**Day**	**Start time**	**End time**	**Length**	**Fee**	**Concessions**	**Course Description**
MEDIA										
J5D337XA	Creative Digital Photography - Beginners	Rivers Centre	14/01/2016	Th	19:00	21:00	10 wks	£113	£90	How to get the most out of your digital camera and photograph places, faces and things
J5F338XA	Creative Digital Photography - Getting to grips with your digital camera	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£42	£34	All day cameras - no computers! Gain confidence using your camera's functions
J5F327XA	Creative Computing - Photoshop Elements	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£42	£34	Adding Photoshop techniques to existing artwork and photographs
Code	**Title**	**Venue**	**Start date**	**Day**	**Start time**	**End time**	**Length**	**Fee**	**Concessions**	**Course Description**
ONE-DAY COURSES by day										
A5F301XA	Emergency First Aid at Work	Rivers Centre	04/03/2016	Fr	10:00	16:00	1 day	£38	£38	You will receive a certificate and manual upon successful completion
F5E300XA	Excel Level 2 - Improvers	Rivers Centre	05/02/2016	Fr	9:30	15:30	1 day	£42	£34	More features of Excel - including database functions and customising charts and graphs
F5E302XA	Excel Level 1 - an Introduction	Rivers Centre	15/01/2016	Fr	9:30	15:30	1 day	£42	£34	Learn to use spreadsheets and simple formulae
J5E317XA	How artists use sketchbooks	Rivers Centre	22/01/2016	Fr	10:00	12:00	1 day	£0	£0	Free workshop for CLMK Drawing/Painting students; explore ways in which artists use sketchbooks to record and develop ideas
Q5E307XA	Minute Taking Skills	Rivers Centre	11/03/2016	Fr	10:00	16:00	1 day	£42	£34	Learn how to take and present minutes effectively
A5F300XA	Indian Head Massage	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£34	£34	Massage techniques for face, head, neck, shoulders and upper arms
A5F303XA	Indian Head Massage - Next Steps	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£34	£34	Massage techniques for face, head, neck, shoulders and upper arms
C5F300XA	Floral Design - Spring/Easter	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£34	£34	Celebrate the arrival of Spring with inspiring ideas for floral display
C5F301XA	Floral Design - Bridal Flowers	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£34	£34	Create floral arrangements, bouquets and buttonholes for that special day
C5F500XA	Floral Design - Bridal Flowers	Rivers Centre	14/05/2016	Sat	10:00	16:00	1 day	£34	£34	Create floral arrangements, bouquets and buttonholes for that special day
D5F300XA	Cycle Maintenance	Cycle Saviours	30/01/2016	Sat	10:00	16:00	1 day	£34	£34	Learn how to carry out the practical basics of cycle maintenance
D5F301XA	Cycle Maintenance	Cycle Saviours	19/03/2016	Sat	10:00	16:00	1 day	£34	£34	Learn how to carry out the practical basics of cycle maintenance
F5F301XA	Excel Level 3 - Pivot Tables and charts	Rivers Centre	19/03/2016	Sat	9:30	12:30	1 day	£21	£17	Summarise and analyse large amounts of data
F5F304XA	e-bay - all you need to know about selling	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£42	£34	How to set up an account and sell safely
F5F305XA	iCloud & iCloud Drive	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£42	£34	Learn how to use these Apple apps to maximise use of your iPad or iPhone
F5F306XA	Excel Level 3 - Macros	Rivers Centre	19/03/2016	Sat	13:00	16:00	1 day	£21	£17	Automate your tasks by recording and running macros
F5F307XA	Excel Level 3 - Advanced	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£42	£34	Advanced features including scenarios, templates and problem solving (goal seek, data validation)
F5F308XA	Excel Level 3 - Formulae and Functions	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£42	£34	Functions such as logical and lookup, statistical
F5F309XA	HTML Web Page Creation - an Introduction	Rivers Centre	16/01/2016	Sat	10:00	16:00	1 day	£3	4£42	Learn what HTML is and decide if you want to use it to create your own web page
G5F300XA	Food Safety - Level 2 - CIEH	Rivers Centre	06/02/2016	Sat	9:30	17:00	1 day	£54	£68	Standard for anyone handling higher-risk foodstuffs on stalls, or in cafés
G5F304XA	Cake Decorating - Sugar Flowers	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£34	£42	Roses and carnations to embellish your special occasion cakes
G5F308XA	Cookery - Chocolate Easter Gifts	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£40	£48	Make an attractive Easter gift; fee includes basic materials
J5F306XA	Silk Painting for Beginners	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£40	£48	New techniques and media for both fine and textile artists. Fee includes materials.
J5F307XA	Creative Textiles - Indigo Dyeing & Shibori Workshop	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£34	£42	Knot, tie and dye to create unique fabric lengths for fashion or furnishing
J5F309XA	Singing - Use Your Voice	Rivers Centre	14/03/2016	Sat	10:00	16:00	1 day	£34	£42	Come and sing some show tunes in a relaxed and friendly group.
J5F314XA	Creative Writing - Screen Writing - an Introduction	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£34	£42	Insights into plot construction and characterisation
J5F316XA	Anatomy for Portraits	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£44	£52	Improve your portrait drawing through observation of the skeletal and muscular structure of the human skull; fee includes model costs
J5F327XA	Creative Computing - Photoshop Elements	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£34	£42	Adding Photoshop techniques to existing artwork and photographs
J5F329XA	Stained Glass - an Introduction - Leaded Panels	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£34	£42	Cut and join glass safely to create a small traditional panel
J5F330XA	Kiln Glass - an Introduction	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£34	£42	For learners with some experience who want to refine their skills and develop their creativity
J5F338XA	Creative Digital Photography - Getting to grips with your digital camera	Rivers Centre	12/03/2016	Sat	10:00	16:00	1 day	£34	£42	All day cameras - no computers! Gain confidence using your camera's functions
J5F343XA	Drawing with Pen & Ink - an Introduction	Rivers Centre	14/02/2016	Sat	10:00	16:00	1 day	£34	£42	Experience the delights of working creatively with this expressive medium
J5F345XA	Experimental Watercolour	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£34	£42	For learners confident in watercolour this course will push your boundaries and get you thinking on a grander scale
M5F312XA	All Day Spanish - Absolute Beginners	Rivers Centre	30/01/2016	Sat	10:00	16:00	1 day	£34	£42	A day course in Spanish for absolute beginners
M5F313XA	All Day Italian - Absolute Beginners	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£34	£42	A day course in Italian for absolute beginners
M5F314XA	All Day Chinese - Absolute Beginners	Rivers Centre	30/01/2016	Sat	10:00	16:00	1 day	£34	£42	A day course in Mandarin Chinese for absolute beginners
M5F315XA	All Day French - Absolute Beginners	Rivers Centre	30/01/2016	Sat	10:00	16:00	1 day	£34	£42	Brush up your French for work or holiday
Q5F300XA	Starting up a Small Business - what you need to know	Rivers Centre	09/01/2016	Sat	10:00	16:00	1 day	£34	£42	Consider the viability of your new business idea and find out what help is available
Q5F301XA	Speak with Confidence	Rivers Centre	23/01/2016	Sat	10:00	16:00	1 day	£34	£42	Learn to Speak with Confidence at Presentations, Public Events and Meetings
Q5F302XA	Effective Presentations - including PowerPoint	Rivers Centre	23/01/2016	Sat	10:00	16:00	1 day	£34	£42	Create a presentation and practise skills for effective presenting
Q5F303XA	Confidence and assertiveness building	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£34	£42	Improve your interactions and how you deal with challenges in work and social situations
Q5F304XA	Mindfulness for Clear Thinking	Rivers Centre	06/02/2016	Sat	10:00	16:00	1 day	£34	£42	Techniques to promote the ability to think clearly under pressure
Q5F305XA	Starting up a Small Business - tax and financial affairs	Rivers Centre	13/02/2016	Sat	10:00	16:00	1 day	£34	£42	Business plans, financials, HMRC requirements
Q5F306XA	Social Media Marketing	Rivers Centre	27/02/2016	Sat	10:00	16:00	1 day	£34	£42	How to use online social networks to develop contacts and promote your events
Q5F308XA	Leadership - Managing a Team	Rivers Centre	05/03/2016	Sat	10:00	16:00	1 day	£34	£42	Ideal for those who are new to leading, supervising or managing others
Q5F310XA	Project Management - an Introduction	Rivers Centre	19/03/2016	Sat	10:00	16:00	1 day	£34	£42	Including topics such as setting project goals,scheduling, budgeting,managing project risks, and executing a project

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